



# The Weekly Weeder

A weekly publication for CSA members  
**NOVEMBER 26, 2008—WINTER BOX #1**

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## Box Contents & Tips

**Carrots** store in a plastic bag in the crisper drawer

- raw, steamed or glazed these are super sweet.

**Rutabagas** store in a plastic bag in the crisper drawer. Identified by its tapered root, and creamy color with maroon shoulders.

- great raw on a relish tray, excellent addition to any soup or stew. Try shredding it for a tasty slaw instead of cabbage

**Beauty Heart Radishes** store in a plastic bag in the crisper drawer. A round white radish from golf ball size to softball size.

- peel the outside skin, slice into a salad

**Red Onions** store outside refrigerator 45-55 degrees 65 percent humidity

**Garlic** store outside refrigerator 45-55 degrees 65 percent humidity

**Brussels Sprouts** store in a plastic bag in the crisper drawer

- it seems that either you love them or hate them. We love them. There are many recipes out there (including on the back page) Don't give up on them yet if you are one of the dissenters.  
Sweetened by frost

**Pie Pumpkin** store outside refrigerator 45-55 degrees 65 percent humidity

-make a pumpkin pie, or bake and have on hand a great addition to your morning oatmeal. Cook as soon as possible as they won't store much longer. Freeze after cooked if you can't use it right away

**Celeriac** store in a plastic bag in the crisper drawer. The bumpy, hairy outside peels quickly to reveal a beautiful white inside.

- a staple in our kitchen. Add to any soup or stew in place of celery.

## News from the Farm

First, I would like to welcome the new members as well as congratulate everyone on joining the food revolution. Your decision to become a part of our CSA, to eat seasonally and locally is truly appreciated. We hope to challenge your pallets in the next 4 weeks as well as share with you our experiences in bringing this food to your table. We like to think of the winter as the fifth season of growing vegetables. Largely the produce will come from storage. We have a large cooler and another large warm storage area that allows us to provide optimum conditions for keeping your veggies as fresh and tasty as the day they were harvested. If the weather cooperates we will continue to harvest crops from the field. Crops such as leeks, cabbage, spinach, and brussels can handle freezing as long as they are harvested after they have thawed. In fact we have found they often get sweeter. That being said, we had hoped to have some fall/winter spinach for this first box, but we had to make a decision as to what we should harvest in the short window of time it was above freezing and decided to get the crops that won't over winter first. So keep your fingers crossed for some warm weather if you like spinach.

The farm has transitioned into a new routine. Last week we let the crew go for the season, with plans to have them come for a couple of larger projects when the weather permits. Now it is just Cate and I working to fill orders, and get the box together. As much as we really enjoyed and appreciated the crew it is nice to have the farm to ourselves- to only have to worry about keeping ourselves busy. Anyway welcome to the winter share and may this food find it's way to your Thanksgiving Table.

Happy Eating, Mat



Totes of pie pumpkins, squash, onions and garlic await in our warm storage room!

# Recipes! Recipes! Recipes!

## Breaded Brussels Sprouts

From Allrecipes.com

1 1/2 pounds Brussels sprouts  
1 teaspoon salt  
4 tablespoons butter, melted  
4 tablespoons grated Parmesan cheese  
4 tablespoons dried bread crumbs  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon seasoning salt

1. Wash and trim Brussels sprouts. Cut an "X", about 1/8 inch deep in the stem of the sprouts, (this helps cook the sprouts more evenly and quickly).

2. In a medium-size pot, cover Brussels sprouts with water, add 1 teaspoon salt and bring to boil. Cover and simmer for 6 minutes or until tender; drain. Be careful not to overcook sprouts.

3. Place sprouts in a small casserole dish. Sprinkle 2 tablespoons of melted butter over the sprouts and mix well to coat.

4. Combine parmesan cheese, dried bread crumbs, garlic powder, black pepper, seasoning salt and remaining butter and mix well; sprinkle mixture over sprouts.

5. Heat sprouts under broiler (about 4 inches away from heat) for about 5 minutes or until crumb mixture is lightly browned. Serve hot.

## Celeriac, Carrot and Chili Soup

From cookitssimply.com

ingredients

1 tsp olive oil  
2 medium onions, finely chopped  
1 clove garlic, finely chopped  
1 red chili, deseeded and finely chopped, optional  
1 celeriac, peeled and diced  
1 pound carrots, peeled and diced  
2 quarts vegetable stock  
15 g pack fresh coriander, roughly chopped  
freshly ground black pepper

1. Heat the oil in a large saucepan and cook the onion until softened.

2. Add the garlic and red chilli and cook for a further minute.

3. Combine the vegetables and add to the saucepan, allowing them to cook for a few minutes before adding the vegetable stock and half of the fresh coriander.

4. Bring to the boil, reduce the heat, partially cover with a lid and allow to simmer for 25 minutes.

5. Liquidize or blend the soup in a processor until smooth.

6. Return the soup to a clean saucepan, season to taste and warm through before serving.

## R and R Pudding

From Allrecipes.com

1 cup water  
1/2 cup long-grain white rice  
1 pound rutabaga, peeled and cut into 1 1/2 inch cubes  
1/2 cup milk  
1 tablespoon butter  
1/4 cup white sugar  
1 teaspoon salt  
1/8 teaspoon ground black pepper  
1 dash ground nutmeg  
2 eggs, separated

1. Place the water into a saucepan, add the rice, and bring to a boil over medium-high heat. Stir once, cover, reduce heat to low; and simmer until all moisture is absorbed and rice is tender, about 20 minutes.

2. Meanwhile, place the rutabaga into a large pot, and fill with enough water to cover. Bring to a boil over medium-high heat, and cook until the rutabaga are tender and can be pierced with a fork, about 10 minutes.

3. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.

4. Drain the rutabaga, and place into a mixing bowl. Add the milk, butter, sugar, salt, pepper, and ground nutmeg. Beat or mash the rutabaga until smooth. Stir in the cooked rice, and beat in the egg yolks.

5. Beat the egg whites in a separate bowl until stiff peaks form. Fold gently into the rutabaga mixture. Spoon mixture into prepared casserole dish.

6. Bake in preheated oven until top is lightly browned, about 1 hour.

## Pumpkin Pie

From southernfood.about.com

\* 1 1/4 cups pumpkin puree  
\* 3/4 cup sugar  
\* 1/2 teaspoon salt  
\* 1/4 teaspoon ground ginger  
\* 1 teaspoon ground cinnamon  
\* 1 teaspoon all-purpose flour  
\* 2 eggs, lightly beaten  
\* 1 cup evaporated milk, undiluted  
\* 2 tablespoons water  
\* 1/2 teaspoon vanilla extract  
\* 1 unbaked pastry shell (9-inch)

Preparation of puree:

Half pumpkin, remove seeds, bake at 375 45-60 minutes until soft. Cool. Scoop flesh from shell and puree in a mixer, blender or food processor.

Preparation of Pie:

Combine pumpkin, sugar, salt, spices, and flour in a medium mixing bowl. Add eggs; mix well. Add evaporated milk, water, and vanilla; mix well. Pour into pastry-lined pie pan. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set.