



The Weekly Weeder

A weekly publication for CSA members

NOVEMBER 3, 2010—BOX #22

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Presenting the Last Box of the Season:

Baby Bok Choi— great in stir fry!

Beets (Full Shares only)

Brussels Sprouts: Try freezing them if you're tired of eating them fresh. Blanch then freeze.

Carrots: Store in plastic bag

Cauliflower: Store in plastic bag. Best used within a few days. Stir-fry, vegetable soup, or a side dish.

Celery Root: Stores for months within a plastic bag. Peel outer layer off, using the white interior in soups, stew or anything else that calls for celery.

Onions Red and Yellow: store on countertop

Garlic: store on countertop

Turnips: Keep in plastic bag to avoid dehydrating. Use by winter's end! A turnip in stew lends flavor that otherwise is lacking.

Winter Squash—Butternut, Carnival or Acorn, Pie Pumpkins or Delicata: Store on countertop or cool place.

News from the Farm: Winds rip open high tunnel



Last week we prepared for the coldest night of the season, harvesting the last of our beets, celery root, and turnips. We also tried to fasten down the farm for the high winds that blew in on Tuesday night. The winds were strong, constant, and so powerful that the plastic covering the high tunnel was blown to shreds. As it whipped across the metal hoops, the plastic continued to shred, littering our pasture and high tunnel with its debris. But the wind just continued to blow so steady and strong through Thursday night that we were helpless to cutting the extremely noisy ripping and whipping plastic free. As we scrambled under the last light of Thursday night, temperatures dropping by the minute, we put on our ear plugs and entered beneath the whipping plastic to cut the last of the bok choy out of the high tunnel. Thursday night's 24-degree temperatures froze out our remaining crops in the high tunnel, things we'd hoped to supply to our local food coop through Thanksgiving (rainbow chard, arugula, fennel & bok choy). We lost a piece of metal off the barn roof, but everything else survived the winds. It was an incredible storm front to have been exposed to—wearing as much clothing as possible to keep ourselves warm—and watching a neighbor's siding literally blow off their house! The good news is that new greenhouse plastic is overall affordable and we hope by week's end to have it replaced. Just in time to get some spinach transplanted in hopes of supplying our local area with some Christmas spinach! To work with nature, we always have to be prepared for the worst, and prepare to transform a loss into a win. - C & M

Harvesting Brussels Sprouts!



Bulletin Board

CSA SURVEY Please take a moment to complete a brief survey, located here: <http://www.surveymonkey.com/s/RNX8Y6D>

Your responses have are what shapes our CSA Program. All those who complete the survey will be entered in a drawing for a \$100 off a CSA produce share or meat bundle for 2011.

MEAT DELIVERY! Meat bundles will be delivered on **Wednesday, November 10**. An email will be sent out as a reminder at the end of this week.

PORK & BEEF BUNDLES STILL AVAILABLE— Packed as 15#, 25# or 50# assorted bundles. See the website or contact the farm for more details. To order, send a check, contact information and pick-up site preference to the farm.

PLEASE RETURN BOXES! PLEASE, look around your home, cars, office spaces and bring the farm's boxes back to your pick-up site. We'll need them to start another season!



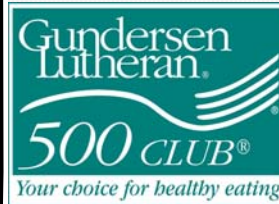
CONGRATULATIONS!

You have eaten locally for an entire season, supported a family run farm, and paid farm workers a fair wage.

We look forward to hearing more from you through our survey (see above) to help us plan for 2011!

THANK YOU FOR A GREAT SEASON!

Recipes! Recipes!



We're excited to be members of this organization. Find more recipes that contain approximately 500 calories (or less) and are controlled in fat (15 grams of fat or less) on their website:

Holiday Brussels Sprouts

Serves 6 (about 2/3 cup each)

2 celery ribs, chopped
2 Tbsp. butter
1 lb. Brussels sprouts, cooked and drained
10 oz. package frozen peas, cooked and drained
2 bacon strips, cooked and crumbled
2 Tbsp. minced chives

In a small skillet, sauté celery in butter until crisp-tender. In a large bowl, add celery and remaining ingredients and stir until blended.

Per serving: 120 calories, 4.5 g fat, 6 g protein, 14 g carbohydrate, 5 g fiber, 130 mg sodium

Buttermilk Pot Roast

Serves 10 (about 1 1/2 cups each)

1 boneless beef chuck roast (about 3 1/2 lb)
2 Tbsp. Dijon mustard
4 1/2 tsp. onion soup mix
1/4 tsp. ground black pepper
8 potatoes, peeled, halved
8 carrots, halved
8 small onions, cut into wedges
1 cup buttermilk

Preheat oven to 350 degrees. In a Dutch oven, place beef, spread mustard over; sprinkle with soup mix and pepper. Arrange vegetables around roast; pour buttermilk over the top. Cover and bake for 2 1/4 to 2 3/4 hours or until internal temperature of meat reached 145 degrees and vegetables are tender.

Per serving: 360 calories, 7 g fat, 41 g protein, 35 g carbohydrate, 5 g fiber, 340 mg sodium

Baked Veggie Chips

Serves 3 (about 1 cup each)

2 beets, peeled and cut into 1/8-inch slices
1 potato, peeled and cut into 1/8-inch slices
1 sweet potato, peeled and cut into 1/8-inch slices
1 parsnip, peeled and cut into 1/8-inch slices
2 Tbsp. canola oil
2 Tbsp. grated Parmesan cheese
1/2 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. dried oregano
Ground black pepper, to taste

Preheat oven to 375 degrees. In a large bowl, combine all ingredients. In two ungreased 15x10-inch baking pans, arrange everything in a single layer. Bake for 15-20 minutes or until brown, turning once.

Per 1-cup serving: 230 calories, 11 g fat, 5 g protein, 31 g carbohydrate, 6 g fiber, 510 mg sodium