



CSA Newsletter

FALL STORAGE CSA SHARE #2 11-19-15

STEEP CREEK WEEKLY

NOVEMBER SHARE CONTAINS:

- **STORAGE ONIONS** - A MIX OF RED AND YELLOW ONIONS. STORE IN A DARK COOL LOCATION. CAN ALSO BE STORED IN THE FRIDGE, BUT ONCE STORED IN THE FRIDGE THEY SHOULD REMAIN THERE UNTIL YOU'RE READY TO USE THEM.
- **POTATOES - SUPERIOR (HAVE SKIN LIKE A RUSSET) OR CAROLA(SMOOTH SKINNED YELLOW) & FRENCH FINGERLING(RED POTATOES)**- STORE IN A COOL DARK LOCATION LIKE A GARAGE WITH A BLANKET OR TOWEL OVER THEM TO KEEP THE SUN OFF.
- **KALE~CURLY & LACINATO(DINOSAUR)** STORE IN PLASTIC BAG IN THE FRIDGE.
- **LEEKs**- THE EASIEST WAY TO CLEAN LEEKS IS TO CUT IN HALF LENGTHWISE AND RINSE UNDER RUNNING WATER. BEST STORED IN PLASTIC BAG IN THE FRIDGE IN THE CRISPER DRAWER OR AN UNHEATED GARAGE.
- **RADISHES** - STORE IN THE FRIDGE.
- **SHALLOTS~** STORE IN A DARK COOL LOCATION.
- **BRUSSELS SPROUTS** - THESE WILL STORE FOR 2-3 WEEKS IN A PLASTIC BAG IN THE CRISPER DRAWER OF YOUR FRIDGE. IF YOU NOTICE YELLOW OR SPOTTED OUTER LEAVES, SIMPLY PEEL THEM AWAY TO REVEAL A LOVELY GREEN INTERIOR
- **GARLIC - A MIX OF VARIETIES** STORE IN A DARK AND DRY CABINET.
- **CARROTS WITH TOPS** - STORE IN A PLASTIC BAG IN THE FRIDGE. IF YOU'RE NOT GOING TO COOK THEM WITHIN A FEW DAYS, REMOVE THE TOPS AND STORE SEPARATELY FROM THE BOTTOMS.
- **JERUSALEM ARTICHOKE(SUNCHOKES)**~SUNCHOKES ARE BEST DESCRIBED AS THIN-SKINNED, KNOBBY, POTATO-LOOK-A-LIKES. THE CRISP, IVORY FLESH OF THE SUNCHOKE HAS A TEXTURE SIMILAR TO WATER CHESTNUTS AND A SWEET, NUTTY FLAVOR. THE INULIN-RICH SUNCHOKES CONTAIN NO OTHER TYPE OF CARBOHYDRATE, WHICH IS PERHAPS WHY SOME CALL IT "THE POTATO OF DIABETICS." THE TUBERS ARE ALSO HIGH IN FIBER AND HAVE MORE POTASSIUM THAN MOST OTHER VEGETABLES.
- **WINTER SQUASH MIX** - YOU ARE RECEIVING BUTTERNUT SQUASH AS WELL AS A MIX OF OTHER SMALLER SQUASH INCLUDING: RED KURI, ACORN, DELICATA, SUGAR DUMPLING AND MINI BUTTERNUT. STORE IN A DARK COOL PLACE.
- **CAULIFLOWER & ROMANESCO(THE SPIRALLY SHAPED VEGGIE IN THE BAG OF CAULIFLOWER)**~ A MIX OF DIFFERENT COLORED CAULIFLOWER. STORE IN PLASTIC BAG IN FRIDGE. THE ROMANESCO CAN BE USED LIKE CAULIFLOWER, BUT HAS A NUTTY FLAVOR.
- **BROCCOLI(BAGGED WITH THE CAULIFLOWER)**~A NICE LITTLE BONUS OF BROCCOLI HAS MADE IT INTO THIS ROUND OF FALL SHARES DUE TO THE MILD WEATHER WE'VE BEEN ENJOYING.

- **CELERIAC**~ THIS GNARLY ROOT IS CELERY'S COUSIN. TRIM OFF THE OUTER SKIN TO REVEAL A WHITE FRAGRANT INTERIOR. SUBSTITUTE CELERIAC IN RECIPES THAT CALL FOR CELERY. STORE CELERIAC IN A PLASTIC BAG IN THE FRIDGE FOR SEVERAL WEEKS.
- **ARUGULA**~ ARUGULA IS A PEPPERY FLAVORED AROMATIC SALAD GREEN. IT CAN BE EATEN BOTH RAW AND COOKED. BEST IF USED WITHIN A FEW DAYS. STORE IN A PLASTIC BAG IN THE FRIDGE.
- **ITALIAN PARSLEY**~ STORE IN A PLASTIC BAG IN THE FRIDGE.

FARM HAPPENINGS:

IT'S FINALLY HAPPENING...COLD WEATHER IS SETTING IN. I ALWAYS GET A LITTLE STRESSED AT THE ONSET OF SERIOUS COLD WEATHER. DID I DRAIN ALL THE HOSES AND WATER LINES PROPERLY? IS THERE ANYTHING ELSE LEFT OUT IN THE FIELD THAT NEEDS HARVESTING NOW? ARE ALL THE VEGETABLES IN A SAFE PLACE WHERE THEY WON'T FREEZE? IT'S A BIT OF A FRENZY, BUT WE ALWAYS SEEM TO GET EVERYTHING TAKEN CARE OF BEFORE JACK FROST SETS IN.

IN OTHER NEWS, THE GARLIC MADE IT IN THE GROUND 2 WEEKS AGO! I ENJOY THE CYCLE OF GROWING GARLIC. THE LAST CROP TO BE PLANTED IN THE FALL AND THE FIRST CROP TO BURST OUT OF THE NEWLY THAWED SOIL IN SPRING. THE GARLIC SCAPES TYPICALLY RING IN THE OFFICIAL START OF SUMMER AND THE HARVEST HAPPENS DURING THE HIGH TIME OF SUMMER IN LATE JULY. THEN COMES THE CURING AND SORTING IN LATE AUGUST. AND WHILE ALL OF YOU ARE ENJOYING THE PUNGENT CLOVES IN YOUR HOME COOKED MEALS, IT'S TIME TO PLANT THE GARLIC AGAIN FOR THE FOLLOWING SEASON.

**Thanks for reading, Enjoy Your Veggies & Contact Me With Any/
All Questions!**

Meg, Emmet, Calvin & Jasper

HAPPY THANKSGIVING!



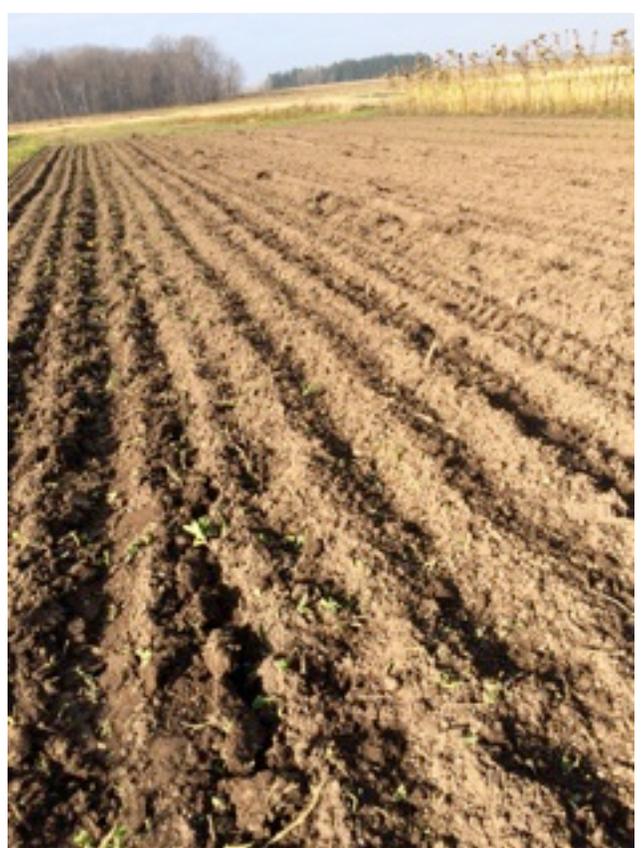
Freshly Harvested Romanesco!



Romanesco ready for roasting up!



Garlic cloves about to be planted..



Rows and rows of garlic tucked in for a long winter rest. Now for a nice blanket of straw mulch to top them off!



Mountain of Brussels Sprouts!

Sautéed Jerusalem artichokes with garlic and bay leaves

By Jaime Oliver

- 1# Jerusalem artichokes
- olive oil
- a few bay leaves
- 2 cloves garlic
- 1 splash white wine vinegar
- salt
- pepper

Method Jerusalem artichokes are sweet and almost garlicky and mushroomy and gorgeous. Although called artichokes they're actually tubers – like rough and ready potatoes. You can scrub and roast them whole like mini jacket potatoes and split them open, drizzled with a little chilli oil. You can even use them in a salad with smoky bacon. A Jerusalem artichoke's best friends are sage, thyme, butter, bacon, bay, cream, breadcrumbs, cheese and anything smoked.

To serve 4, you will need 600g/1lb 6oz of Jerusalem artichokes. Peel them, then cut them into chunks. Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few bay leaves, 2 cloves of garlic, finely sliced, a splash of white wine vinegar, some salt and pepper, and place a lid on top. After about 20 to 25 minutes they will have softened up nicely and you can remove the lid and the bay leaves. Continue cooking for a couple of minutes to crisp the artichoke slices up one last time, then serve straight away. Personally, I think they go well with both meat and fish and are particularly good in a plate of antipasti, or in soups or warm salads.

Roasted Cauliflower, Brussels Sprouts and Jerusalem Artichokes

Recipe courtesy of Anne Burrell

- 1 head cauliflower, cut into bite-size florets
- 1 pint Brussels sprouts, cut in 1/2
- 1/2 pound Jerusalem artichokes, scrubbed and cut into 1-inch dice
- Extra-virgin olive oil
- Salt
- 1/4 cup chopped chives

Preheat the oven to 375 degrees F.

In a large bowl, combine all the vegetables, coat with olive oil and season generously with salt.

Spread the vegetables on a sheet tray in an even layer, don't pile them up. The vegetables don't need to be spread out but they need to be pretty much in a single even layer. If this is not the case, use 2 trays.

Put the vegetables in the preheated oven. 15 minutes into the cooking process, stir the vegetables so they have the chance to brown all over, and rotate the tray to insure even cooking. Repeat this process after another 15 minutes. Roast the vegetables for an additional 15 to 20 minutes, or until the vegetables are roasty brown and should smell almost like popcorn!. Check for doneness. This means taste some! If they aren't very roasty brown, let them go for another few minutes until they are. Season with salt, if needed. Transfer to a serving dish, garnish with chives and serve immediately.

Rustic Onion Tart

SimplyRecipes.com

Rustic onion tart with caramelized red onions, Gruyere cheese, and a butter crust.

- 1 recipe for butter sour cream pastry dough* or 1 packaged, flat pie crust (Trader Joe's has one in their frozen section)

- 3 medium sized red and/or yellow onions (enough for 5 to 8 cups, sliced)
- 2 Tbsp olive oil
- 1 Tbsp butter
- Salt
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon fresh thyme, chopped, or 1/4 teaspoon dried thyme
- 3/4 cup (not packed) roughly grated Gruyère Swiss cheese
- **Sour cream pastry dough:*
- 1 1/4 cup (160 g) all purpose flour
- 1 teaspoon salt
- 5 ounces of butter (1 1/4 sticks, 10 Tbsp, 137g), cubed
- 1/4 cup sour cream

METHOD

1 If you are making a crust from scratch, prepare the dough and let it chill in the refrigerator while you are cooking the onions. To prepare the dough, whisk the flour and salt together in a large bowl. Cut the butter into the flour with your hands or with a pastry cutter, until the mixture resembles a coarse meal. Add the sour cream and use a fork to incorporate it into the dough. Gather the dough into a ball and shape it into a disk. Wrap it with plastic wrap and chill for at least an hour.

2 Peel and slice the onions, lengthwise from stem to root. (See [How to Slice an Onion](#))

3 Heat olive oil and butter in a large, heavy-bottomed sauté pan on medium heat. Once the butter has melted, add the onions and sprinkle a little salt over them. Cook, stirring occasionally for 10 minutes, until the onions have softened and are translucent.

Reduce the heat to medium low and cook for an additional 40 minutes, stirring occasionally, until the onions are well browned. Add balsamic vinegar and cook for 10 minutes more, until onions are completely caramelized. Remove from heat.

4 Preheat the oven to 450°F. Remove the dough from the refrigerator and let stand for 5 minutes before rolling it out.

Roll out the dough on a lightly floured surface to a 13-inch diameter. Remove the crust dough to a cookie sheet lined with parchment paper.

5 Place all but a couple tablespoons of the cheese in the center of the dough. Spread to within 1 1/2 inches from the edges. Add the caramelized onions, layering them on top of the cheese. Sprinkle with thyme. Fold the edges of the crust dough over so that a small circle of onion is still showing in the centre of the tart. Sprinkle the remaining cheese over the top of the tart.

6 Place in the oven on the middle rack. Bake for 10 minutes at 450°F. Reduce the heat to 350°F and bake for an additional 20-25 minutes, until the crust is golden brown. Remove from oven and let sit for 10 minutes before serving.

Roasted Romanesco

1 head of Romanesco

2-3 cloves of garlic, sliced thinly lengthwise

1 1/2 tablespoons of olive oil

Pecorino Romano for shaving

Pre-heat oven to 425 °F. Clean Romanesco, and cut into bite size pieces, trying to keep florets intact. I found it easier to cut from the inside core outwards. Place in a 12" oven safe skillet and add just enough water to steam slightly (1/4-1/2 cup) and a nice pinch of salt. Cover and bring water to boil, and steam for three to four minutes. Drain water from pan and toss Romanesco with garlic and olive oil. Transfer pan to pre-heated oven and roast for 25-35 minutes or until they develop a light caramelized color and the garlic is golden; tossing once or twice while roasting. If you don't have an oven safe skillet, transfer Romanesco to a baking sheet or dish and roast. Remove from oven and season to taste with salt and pepper; shave Pecorino Romano on top to taste (I used a vegetable peeler).

Leek & Celery Root Stuffing

Martha Stewart

- 1 loaf best-quality white bread (1 pound), crust on, cut into 3/4-inch cubes
- 1 celery root (about 2 pounds), peeled and cut into 1/2-inch pieces
- 1 tablespoon extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 6 ounces (11/2 sticks) unsalted butter, plus more for baking dish
- 2 garlic cloves, finely chopped
- 3 large leeks, white and pale-green parts only, thinly sliced and rinsed well
- 3 tablespoons finely chopped fresh sage
- 3/4 cup chopped fresh flat-leaf parsley
- 5 cups homemade or store-bought low-sodium turkey or chicken stock
- 5 1/4 ounces toasted walnuts, coarsely chopped (1 1/2 cups)

Arrange bread in a single layer on a baking sheet, and let stand, uncovered, at room temperature overnight. (Alternatively, bake bread in a 300-degree oven until dry but not browned, about 15 minutes.)

Preheat oven to 425 degrees. Toss celery root and oil in a medium bowl. Season with salt and pepper.

Arrange in a single layer on a rimmed baking sheet, and roast, stirring once, until celery root is tender and edges are golden brown, about 40 minutes.

Melt 1 stick butter in a medium saucepan over medium heat. Add garlic and leeks, and cook, stirring often, until soft, about 8 minutes. Add the celery root, sage, parsley, and 4 cups stock, stirring to combine. Season with salt and pepper. Remove from heat.

Toss bread with vegetable mixture in a large bowl. Fold in walnuts. Season with salt and pepper.

To cook stuffing in a turkey: Stuff as directed (see [Roast Dry-Brined Turkey recipe](#)); for the remaining stuffing, stir in remaining 1 cup stock, spoon into a buttered 9-by-13-inch baking dish, and dot with remaining 1/2 stick butter. Cover with parchment, then foil, and bake in a 375-degree oven for 25 minutes. Uncover, and continue to bake until golden brown, 15 to 20 minutes. To bake all of the stuffing outside a turkey: Prepare and bake as directed above

in a buttered 9-by-13-inch baking dish.

COOK'S NOTES

Make-Ahead Tip: Cut the bread into cubes and let dry overnight. If baking stuffing outside the bird, prepare components the day before, cover, and refrigerate. Assemble and bake just before serving.

Creamy Garlic Mashed Potatoes

Alton Brown

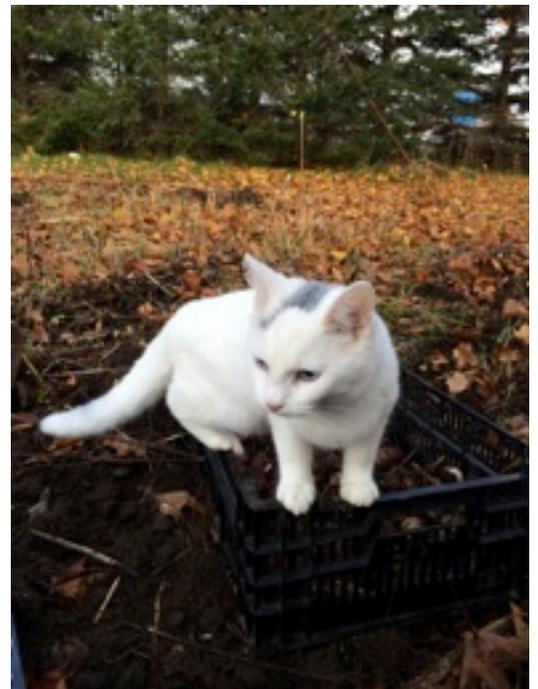
- 3 1/2 pounds russet potatoes
- 2 tablespoons kosher salt
- 16 fluid ounces (2 cups) half-and-half
- 6 cloves garlic, crushed
- 6 ounces grated Parmesan

Peel and dice potatoes, making sure all are relatively the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.

Heat the half-and-half and the garlic in a medium saucepan over medium heat until simmering. Remove from heat and set aside.

Remove the potatoes from the heat and drain off the water.

Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes so that mixture thickens and then serve.



Luna helped with the sunchoke harvest!