



# CSA Newsletter

**FALL STORAGE CSA SHARE #3**  
**12-17-15**

## STEEP CREEK WEEKLY

### SHARE CONTAINS:

- **STORAGE 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) & RUSSIAN BANANA FINGERLING(SMALL WHITE FINGERLINGS)**- STORE IN A COOL DARK LOCATION LIKE A GARAGE WITH A BLANKET OR TOWEL OVER THEM TO KEEP THE SUN OFF.
- **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.
- **SHALLOTS**~ PACKED IN WITH THE GARLIC. STORE IN A DARK COOL LOCATION.
- **GARLIC - A MIX OF VARIETIES**~ PACKED IN WITH THE SHALLOTS. STORE IN A DARK AND DRY CABINET.
- **CARROTS**- STORE IN A PLASTIC BAG IN THE FRIDGE.
- **JERUSALEM ARTICHOKEs(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.
- **SPAGHETTI SQUASH** - STORE IN A DARK COOL PLACE.
- **CABBAGE**~ STORE IN THE CRISPER DRAWER IN YOUR FRIDGE. WRAP IN PLASTIC TO INCREASE STORAGE.
- **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.
- **BAG OF ROOTS**~ A MIX OF TURNIPS, RUTABAGA & BLACK SPANISH RADISH. KEEP IN A COLD DARK PLACE OR THE FRIDGE.
- **BEETS**~ A MIX OF BEETS INCLUDING WHITE, GOLDEN, & RED. STORE IN A COLD DARK PLACE IN A PLASTIC BAG OR THE FRIDGE.
- **PICKLED BEETS**~ JUDY AND I CANNED THESE BEETS USING HONEY, AND BRAGG'S APPLE CIDER VINEGAR. THEY ARE SUPER TASTY!



## FARM HAPPENINGS:

THIS IS THE FINAL SHARE OF 2015, WHICH MARKS THE 19TH CSA SHARE PACKING OF THE SEASON. OVER THE PAST 7 YEARS, I HAVE GROWN AND PACKED CSA SHARES 146 TIMES! IF IT WASN'T FOR YOUR PATRONAGE, THIS WOULD NOT HAVE BEEN POSSIBLE. **YOUR CHOICE TO BUY LOCAL HAS HELPED STRENGTHEN THE FARM AND I THANK YOU FOR THAT!** I AM ASKED FREQUENTLY ABOUT WHAT I AM UP TO THIS TIME OF YEAR. FOR THE MOST PART, I AM IN PLANNING MODE FOR NEXT YEAR AND HEALING MODE FROM THE SEASON THAT JUST ENDED. IT'S A TRANSITION THAT TAKES A BIT OF GETTING USED TO..BEING OUTSIDE ALL DAY WORKING WITH NATURE AT AN ALMOST FRANTIC PACE, TO BEING INDOORS WORKING(AND VERY OFTEN NOT "WORKING") AT MY CHOSEN PACE. MORE TIME TO COOK FOR AND SPEND TIME WITH MY BOYS AS WELL AS SQUEEZE IN MORE QUALITY FAMILY AND FRIEND TIME. DOWNTIME THROUGHOUT THE WINTER IS REJUVENATING AND HELPS PREPARE ME FOR THE SEASON TO COME!

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

Meg, Emmet, Calvin & Jasper

**Happy Holidays!**



**THANKS FOR HELPING MAKE THIS A  
FANTASTIC AND MEMORABLE  
SEASON!**

# Crispy Smashed Potatoes with

## Avocado Garlic Aioli

Ohsheglows.com

2 pounds Yukon Gold potatoes (or try red or new potatoes)

2-2.5 tablespoons extra virgin olive oil (or oil of choice)

Fine grain sea salt and freshly ground black pepper (be generous)

Garlic powder, for sprinkling on top

1/3-1/2 cup fresh parsley, minced

### AVOCADO GARLIC AIOLI:

1 large avocado, halved and pitted

1 large or 2 small garlic cloves

1/2 tablespoon fresh lemon juice

1/4 cup soy-free Veganaise (or vegan mayo of your choice)

Fine grain sea salt and freshly ground black pepper, to taste

### Directions:

Add potatoes into a large pot and cover with water (I do not peel the potatoes). Place on stove top and turn heat to high. When the water starts to boil, reduce heat slightly, and simmer uncovered for 20-25 minutes, until tender.

Meanwhile, prepare the avocado aioli. Add garlic into food processor and process until minced. Now add the rest of the aioli ingredients and process until smooth, scraping down the bowl as needed. Add salt and pepper, to taste.

When potatoes are fork tender, drain in a colander and cool for 10 minutes or so. Preheat oven to 450F. Place potatoes on a large lightly greased baking sheet. With the base of a mug or measuring cup, smash or press down on each potato until it's mostly flattened (see photo in post). Some potatoes might break apart a little, but this is totally fine.

Drizzle each potato with about 1 teaspoon of oil and sprinkle on a generous amount of salt and pepper. Finally, sprinkle on some garlic powder.

Roast potatoes in the oven for 25-30 minutes until crispy, golden, and browned on the bottom. I roasted the potatoes for 30 minutes as I used fairly

large potatoes. Keep an eye on them as cook time will vary.

Remove from oven and sprinkle with chopped fresh parsley, more sea salt, and pepper. Serve immediately with avocado aioli and watch them go lightening fast!!

## French Onion Grilled Cheese

*Yield: 2 sandwiches*

*Annieseats.com*

2 tbsp. unsalted butter, divided

1 large yellow onion, halved and thinly sliced

Pinch of sugar

Kosher salt and freshly ground pepper, to taste

3/4 tsp. minced fresh thyme leaves

Splash of dry white wine\*

4 baguette slices, cut on an extreme diagonal for maximum surface area

Thinly sliced Gouda cheese (about 2 oz.)

Thinly sliced Gruyere cheese (about 2 oz.)

1 clove garlic, peeled

*\*Feel free to substitute red wine or beef broth if desired*

To make the caramelized onions, melt 1 1/2 tablespoons of the butter in a 12-inch skillet over medium heat. Add the sliced onions to the pan with the sugar, salt and pepper. Stir well. Reduce the heat to medium-low. Cook the onions, stirring occasionally, until golden brown and fully caramelized, about 15-20 minutes. Stir in the thyme and cook until fragrant, about 1 minute. Increase the heat to medium-high. Pour in the splash of wine and continue to cook, stirring frequently, until most of the liquid has cooked off. Remove from the heat and set aside.

To assemble the sandwiches, layer two baguette slices with a good portion of the caramelized onions. Top with the sliced Gouda and Gruyere cheeses, and top with the remaining baguette slices. Heat another skillet over medium-high heat and melt the remaining 1/2 tablespoon of butter. Add the sandwiches to the pan and grill, turning once, until the bread is lightly browned and the cheese is melted. (Lower the heat if the sandwiches are browning too quickly.) Before serving, slice the clove of garlic in half and rub the cut side of the clove over the surface of the baguette slices. Serve immediately.

# Beet and Potato Salad with Blue Cheese Dressing and Dill

Recipe courtesy of Damaris Phillips

2 pounds potatoes, quartered  
3 tablespoons coconut oil  
Kosher salt and freshly ground black pepper  
1 pound beets, peeled and cut into 1/2-inch dice  
2/3 cup mayonnaise  
1/3 cup buttermilk  
2 tablespoons whole-grain mustard  
1 cup finely chopped celeriac  
1/4 cup chopped green onions (just the greens)  
2 tablespoons chopped fresh dill  
4 ounces blue cheese, crumbled

Preheat the oven to 400 degrees F.

In a bowl, toss the potatoes with 2 tablespoons of the coconut oil to coat. Sprinkle with salt and pepper, then spread the potatoes out in a single layer on a baking sheet. Toss the beets with the remaining 1 tablespoon coconut oil; sprinkle with salt and pepper and spread out in a single layer on a second baking sheet. Add 2 tablespoons water to the beets. Transfer the baking sheets to the oven and bake for 35 minutes, or until the potatoes are golden brown, stirring halfway through. If the beets start to look dry, add a little more water. Set aside to cool for 10 minutes.

Meanwhile, make the dressing: Add the mayonnaise to a bowl and whisk in the buttermilk and mustard. Set aside.

Transfer the cooked potatoes and beets (and any accumulated beet juices) to a salad bowl. Add the celery, green onions, dill, the dressing and some salt and pepper. Toss to coat well with dressing. Cover and refrigerate for 4 hours. Just before serving fold in the blue cheese.

Recipe courtesy of Damaris Phillips

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# Vietnamese Lemongrass Beef and Spaghetti Squash Noodle Bowls with Peanut Sauce.

2 tablespoons fresh lemongrass, chopped (or 1 tablespoon lemon grass paste)  
2 tablespoons fresh ginger, grated  
2 tablespoons honey  
2 tablespoons soy sauce  
1 tablespoon fish sauce (found in the asian aisle of most grocery stores)  
2 cloves garlic, minced or grated  
1 pound beef skirt steak, sliced thin against the grain

1 medium sized spaghetti squash  
3 tablespoons peanut or sesame oil  
1 head bok choy, chopped  
8 ounces mushrooms, sliced  
chopped peanuts, sliced red chilies, shredded carrots, fresh mint, fresh thai, chopped lemongrass, for serving

Peanut Sauce

1 (14 ounce) can coconut milk (lite or regular)  
3/4 cup creamy peanut butter  
1/4 cup brown sugar  
2 tablespoons soy sauce  
2 teaspoons thai red curry paste (use 1 teaspoon for less heat)

In a bowl, whisk together the lemongrass, ginger, honey, soy sauce, fish sauce and garlic. Add the steak to a ziploc bag or glass bowl. Pour the marinade over the steak. Seal the bag and allow the steak to sit for 20-30 minutes or in the fridge overnight.

Meanwhile, cook the spaghetti squash.\* Pierce the squash 6 or 7 times with a sharp knife. Microwave on 100 percent power (high) for about 15 minutes or until tender, turning squash every 5 minutes throughout cooking. Cut squash in half lengthwise and allow to cool slightly.

While the squash is cooking, heat a large skillet over medium high heat. Add a drizzle of peanut oil and once hot add the bok choy and mushrooms. Cook for about 10 minutes or until the bok choy is wilted and the mushrooms caramelized. Season with salt and pepper to taste. Remove the veggies from the skillet to plate and cover with foil to keep warm.

Return the skillet to high heat. Add a drizzle of oil and once hot, add the steak and caramelize for about 2-3 minutes, then toss and cook another 2-3 minutes or until cooked throughout. If there is any marinade left in the bowl or bag, pour that over the steak and cook a minute longer. Slide the steak onto the plate with veggies and cover with foil to keep warm.

To make the peanut sauce add the coconut milk, peanut butter, brown sugar, soy sauce and thai red curry paste to a medium size pot. Place the pot over medium heat and bring to a low boil, stirring until the peanut butter melts into the coconut milk and the brown sugar has dissolved to make a smooth peanut sauce.

To serve, scrape the spaghetti squash away from its rind divide among bowls. Top with bok choy and mushrooms and then add the steak. Drizzle with the peanut sauce and then top with your desired toppings. Enjoy!

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