



CSA Newsletter

FALL STORAGE CSA SHARE #1 10-22-15

STEEL CREEK WEEKLY

OCTOBER 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) & KENNEBEC**- STORE IN A COOL DARK LOCATION LIKE A GARAGE WITH A BLANKET OR TOWEL OVER THEM TO KEEP THE SUN OFF.
- **KALE~CURLY** - GREAT FOR MAKING KALE CHIPS, KALE SALADS OR FOR ADDING TO SMOOTHIES! 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.
- **STONEHEAD CABBAGE** - STORE IN THE FRIDGE. WHEN READY TO USE, SIMPLY PEEL THE DRY OUTER LEAVES TO REVEAL A FRESH AND TASTY CABBAGE WITHIN.
- **BEETS** -RED ~ STORE BEETS IN A PLASTIC BAG IN THE CRISPER DRAWER IN YOUR FRIDGE FOR 6 WEEKS OR MORE.
- **BRUSSELS SPROUTS** - THESE WILL STORE FOR 2-3 WEEKS IN A PLASTIC BAG IN THE CRISPER DRAWER OF YOUR FRIDGE. WE LIKE TO TOSS THEM IN BALSAMIC, OLIVE OIL, MAPLE SYRUP & CHOPPED GARLIC AND THEN ROAST THEM IN A 400 DEGREE OVEN FOR ABOUT 25 MINUTES OR UNTIL SLIGHTLY BROWNE. SERVE HOT SEASONED WITH SALT AND PEPPER.
- **GARLIC - A MIX OF VARIETIES** STORE IN A DARK AND DRY CABINET. IT'S COLD AND FLU SEASON..EAT RAW GARLIC!
- **CARROTS** - MIXED~ PERFECT FOR ROASTING, SNACKING ON RAW AND JUICING! STORE THEM IN THE CRISPER DRAWER IN YOUR FRIDGE FOR 2 MONTHS OR MORE. THEY MAY NEED A FEW DROPS OF WATER ADDED TO THE BAG EVERY FEW WEEKS TO PREVENT THEM FROM DRYING OUT.
- **TOMATOES**~WE PICKED ENOUGH TOMATOES FROM THE HOOPHOUSE FOR EVERYONE TO RECEIVE 3 POUNDS!! KEEP YOUR TOMATOES OUT OF THE FRIDGE FOR THE BEST FLAVOR.
- **SPAGHETTI SQUASH** - STORE IN A DARK COOL PLACE. SEE THE RECIPE PAGES FOR MORE INFO ON THIS DELICIOUS PASTA-LIKE SQUASH.
- **DELICATA SQUASH** - STORE IN A DARK COOL PLACE. THIS VARIETY OF WINTER SQUASH HAS THIN SKIN THAT IS NOT NECESSARY TO REMOVE BEFORE EATING.
- **SAUERKRAUT**~ MADE BY HELEN BACON USING STEEL CREEK CABBAGE!

- **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.
- **CELERIAC**~ THIS GNARLY ROOT IS CELERY'S COUSIN. TRIM OFF THE OUTER SKIN TO REVEAL A WHITE FRAGRANT INTERIOR. CELERIAC CAN BE ADDED TO STEWS, ROASTED VEGGIE MIXES OR BOILED AND MASHED INTO POTATOES TO NAME A FEW IDEAS. STORE CELERIAC IN A PLASTIC BAG IN THE FRIDGE FOR SEVERAL WEEKS.

PLEASE SEND ME AN EMAIL WITH ANY QUESTIONS YOU MAY HAVE ABOUT PRODUCE STORAGE!

FARM HAPPENINGS:

THE WEATHER WE'VE BEEN HAVING SO FAR THIS FALL HAS BEEN SUPER INCREDIBLE! DESPITE THE COOL NIGHTS LAST WEEKEND, THE TEMPS HAVE HELD ABOVE 37 DEGREES AT NIGHT AND WE'VE ONLY SEEN FROST TWICE. I DON'T KNOW ABOUT YOU, BUT I'M HOPING THIS MILD FALL LEADS GENTLY INTO A MILD WINTER :-)

ALMOST ALL THE FIELD CROPS ARE HARVESTED AND PACKED AWAY INTO THE WALK IN COOLER WITH THE EXCEPTION OF A FEW ODDS AND ENDS... THERE ARE STILL MORE CARROTS TO FORK AND THE BRUSSELS SPROUTS AND LEEKS WILL CONTINUE TO HANG UNTIL WE GET SERIOUS THREATS OF FREEZING TEMPERATURES. THE TOMATOES IN THE HOOPHOUSE CONTINUE TO PRODUCE WELL! YOU ARE ALL RECEIVING 3# OF BEAUTIFUL TOMATOES AT THE END OF OCTOBER!! THE NORTH HOOPHOUSE IS FILLED WITH KALE, LETTUCE, ARUGULA, RADISHES AND SPINACH WHICH WILL MAKE THEIR WAY INTO THE NOVEMBER & DECEMBER SHARES IF ALL GOES AS EXPECTED!

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

Meg, Emmet, Calvin & Jasper





Potato & Celeriac Gratin

2.5 lbs baking potatoes like kennebec
Half of a large celery root (celeriac)
4 ripe tomatoes, peeled, seeded and roughly diced
3 cloves garlic, sliced paper thin
1 tbsp. olive oil
2 cups of grated cheese like gruyere or parmesan
7 oz. creme fraiche
Salt and pepper to taste

Heat the oven to 375°. Put the potatoes in a pot of salted boiling water and boil for 15 minutes until soft. While the potatoes are cooking, peel the celery root (celeriac). Cut into 1/4" slices. Put in a separate pot of salted boiling water and boil for 3 minutes, until slightly translucent. Drain, keeping some of the liquid and set aside.

When the potatoes are cooked, take them out and rinse under cold water. Let cool. Peel skin and cut into 1/4" slices. Set aside.

In a small pot, heat oil. Fry the garlic for 10 seconds or so, until they are fragrant. Do not brown.

Add the tomatoes. Lower to a simmer, cover and cook for 15 minutes. The tomatoes should become a sauce.

Add half a cup of celeriac juice or cooking water to tomato sauce, then add the creme fraiche. Stir until well mixed.

Butter a medium sized gratin dish. Put a layer of sliced potatoes. Then a layer of celeriac slices. Add a layer of tomato sauce. Sprinkle with salt and pepper.

Repeat the layering finishing with the grated cheese. Bake for 30 minutes. Serve piping hot.

Portobello and Leek Carbonara

[adapted from [Tyler Florence](#)]

serves 2-4

4 slices thick-cut bacon, chopped

2 leeks, trimmed, cleaned and patted dry

12 ounces baby portobello mushrooms, quartered

1/2 pound whole wheat linguine

2 large eggs

3/4 cup freshly grated parmesan cheese

Bring water for pasta to a boil.

Heat a large skillet over medium heat and add bacon. Cook until fat is rendered and bacon is crispy – about 6-7 minutes. Remove with a slotted spoon and place on a paper towel to drain. Reduce heat to low.

Add in leeks with a pinch of salt, then toss mushrooms on top. Stir everything together to coat, then let cook until ingredients are softened – about 5 minutes. At this time, throw the pasta in the water to cook – it is really important that the pasta is hot. While the pasta is cooking, mix eggs and cheese together in a large bowl. The mixture will be thick.

As soon as pasta is finished, reserve 1/2-3/4 cup liquid, drain pasta and immediately throw into the skillet. Toss with the leeks and mushrooms to coat, then remove from heat. With a large spoon in one hand, add the egg mixture right on top and immediately begin stirring the pasta together. I usually stir for a good minute or two. At this time if desired, add the pasta water to the skillet to make things a bit more creamy and saucy. Toss in bacon. Serve immediately with extra cheese!

Maple Glazed Roasted Delicata Squash and Brussels Sprouts

1 large delicata squash (about 1 1/4 pound)

1 pound brussels sprouts, trimmed of ragged outer leaves and stem

3 large shallots, peeled, cut lengthwise in half or thirds

2 Tbsp olive oil

1 teaspoon Kosher salt (plus more to taste)

3 Tbsp pure maple syrup (divided 2 tbsp and 1 tbsp)

1 Tbsp apple cider vinegar

1 Cut the delicata squash in half crosswise, and then in half again lengthwise. Use a metal spoon to scrape out the seeds and strings. Cut the squash into half rounds, about 1/2-inch thick.

2 Preheat oven to 400°F. Place the squash, brussels sprouts, and shallots into a large bowl and toss with 2 Tbsp olive oil. Sprinkle on 2 Tbsp of maple syrup and one Tbsp of cider vinegar, and toss to coat. Sprinkle with 1 teaspoon of kosher salt.

3 Spread a little olive oil over the bottom of a large baking sheet. Arrange the squash, brussels sprouts and shallots on the baking sheet in a single layer. Roast at 400°F for 30 to 35 minutes, turning the vegetables over after the first 20 minutes. The squash should be lightly browned and the brussels sprouts well browned.

4 Remove from oven to a serving dish. Drizzle with the remaining 1 Tbsp maple syrup.

Simply Recipes <http://www.simplyrecipes.com>

Spaghetti Squash Puttanesca

Serves 4, generously

- 1 large spaghetti squash
- 2 teaspoons olive oil, plus olive oil in mister
- 2 links lean hot Italian sausage, removed from casing
- 1-2 canned anchovy fillets (depending on size and flavor preference)
- 3 garlic cloves, minced
- 1 shallot, minced
- Large pinch of salt
- Several grinds black pepper
- 3 medium tomatoes, diced
- 1 cup diced kalamata olives, pitted and rough-chopped
- 2 tablespoons capers, chopped
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon grated parmesan cheese (optional)

Slice spaghetti squash in half length-wise. Remove seeds and pulp. Lightly sprinkle flesh with olive oil. Place cut-side down in baking dish. Bake in a 400° oven for 45-50 minutes or until the skin pierces easily with a knife.

While squash is cooking, prepare the sauce. In a large pot, brown the sausage over medium heat, 3-5 minutes, using a spatula to break the sausage into small pieces. When the sausage is browned, use a slotted spoon to remove it bowl and set aside.

Leaving the sausage drippings in the pan, add in 1-2 anchovy fillets and sauté, about 1 minute, using a spatula to break up the fillets until they dissolve into the oil.

Add in the garlic, shallots, pinch of salt and pepper. Sauté about 1 minute.

Add in the tomatoes, olives, capers and the cooked sausage. Reduce the heat to low, cover and let simmer, stirring occasionally, while the squash cooks. When the squash is ready, remove from the oven.

Use a fork to shred the inside of the squash and create "spaghetti strands."

Add the spaghetti strands to the sauce pot. Cook for 2-4 minutes, stirring frequently, until the squash absorbs much of the liquid.

Divide into serving bowls and garnish with fresh parsley and parmesan cheese. The cheese is optional; the fresh parsley is not. ;)

Serve immediately and enjoy!

Garlic Roasted Brussels Sprouts

1 pint brussels sprouts (about a pound)

4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan

5 cloves garlic

Salt and pepper to taste

1 tablespoon balsamic vinegar

Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.

Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.

Taste, and add more salt and pepper if necessary.

Stir in balsamic vinegar, and serve hot or warm.