

September 30, 2010

(Week 13)

Potatoes  
Buttercup Squash  
Radishes  
Bell Peppers  
Carnival Squash  
Onions  
Dill Carrots  
Lettuce  
Parsley  
Kohlrabi or Celeriac  
Beets

I'm writing this newsletter on Tuesday night. This way, I can spend Wednesday focusing on harvesting and packing. The downside to this plan is that I don't always know for sure, what's going to be ready for the boxes. The list I've printed here is what I think will be ready. If you find that something in your box doesn't match the list, it means things turned out differently than I thought. That's more of the "risk" a CSA member takes on I guess. J

Frost hit us hard last weekend. Despite it being overdue, it caught us a little off guard. It was the definite end of our tomatoes. Our pepper plants also got hit, but most of the peppers were fine, so we've picked what we could. We'll store some in our cooler until next week, so they're not done yet. We spent the last two days digging, washing and storing the sweet potatoes. They're curing in our very heated greenhouse. Hopefully, they'll be ready next week.

We planted a test plot of celeriac. Another name for it is celery root. We've never planted or cooked with it, so it's new for us. We only planted a small amount, so if you have one, we'd love to hear what you think and if it's something you would like to see next year. Celeriac must be peeled to use. Begin by cutting off the leaf and root ends and then cut down the sides from top to bottom. To keep the flesh white, place the white place in vinegar until you're ready to use it. Celeriac can be eaten raw or used raw in salads. You can also use it in soups. Cut a slice off and toss it into your soup. It will give the "Celery" flavor, without celery pieces. Before serving, remove the celeriac and discard.

The buttercup squash is the large green one. The carnival squash is the colorful, small one. Both can be cooked the same.  
And.... Welcome back carrots!!!

### Creamy Squash Soup

3 bacon strips  
1 cup finely chopped onion  
2 garlic cloves, minced  
2 cups mashed cooked winter squash  
2 tablespoons all-purpose flour  
1 can (12oz) evaporated milk, divided  
3 cups chicken broth  
½ tsp. curry powder  
½ tsp. salt  
¼ tsp. pepper  
1/8 tsp. ground nutmeg  
Sour cream, optional

In a saucepan or Dutch oven, cook bacon until crisp; crumble and set aside. Drain all but 1 tablespoon drippings; sauté onion and garlic in drippings until tender. In a blender or food processor, puree squash, flour, 1/3 cup milk and onion mixture; add to pan. Add broth, curry powder, salt, pepper, nutmeg and remaining milk; bring to a boil over medium heat. Boil for 2 minutes. Top servings with a dollop of sour cream if desired. Sprinkle with bacon. Yield: 6-8 servings.

### Cider Beef Stew

3 Tablespoons all-purpose flour  
1 tsp. salt  
½ tsp. pepper  
1 pounds beef stew meat, cut into 1 inch pieces  
2 Tablespoons cooking oil  
1 cup apple cider  
½ cup water  
1 T. Vinegar  
½ tsp. dried thyme  
2 large carrots, cut into 1 inch pieces  
1 celery rib, cut into 1 inch pieces  
1 large potato, peeled and cubed  
1 medium onion, sliced

In a bowl, combine flour, salt and pepper. Add beef and toss to coat. In a large saucepan, brown beef in oil.

Add cider, water, vinegar and thyme; bring to a boil. Reduce heat; cover and simmer for 1 hour and 45 minutes or until the meat is tender. Add carrots, celery, potato and onion; return to boil. Reduce heat; cover and simmer for 45 minutes or until vegetables are tender.

Yield: 4 servings

Have a great week!

Jody, Mike, Claudia, Malcolm and Jonas