



SUNSHINE IN A BOX



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 CSA Week 16

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With no frost yet, it has been easy to ignore the fact that summer is over and winter is on its way. Now that fruiting crops have slowed down almost to a halt, I am looking back on those sweaty harvests of July with a certain fondness. It looks like frost is likely Friday morning.

The death of the garden is a gradual process. Where beans and squash die back, lettuce, cilantro and radish are still vibrant green with the promise of life. Crops will come to their end in turn. Energy is moving down into the earth and will keep going deeper until the winter solstice. Mulch, cover crops, and tarps will help keep this energy in the ground until spring, especially if there is no snow blanket. In a few months, the whole process will start again out of the decomposition of this season, and there is nothing more wonderful than the feeling of rebirth and renewal in spring, starting with garlic sprouting.

In the meantime, our Northern climate gives us a chance to rest and restore. This time of year is when we can fire up the ovens again and warm up with roasted meat and veggies, tea, soup, and warming spices. Fall is when

the focus turns from growing and fresh eating to storing and hot meals. Even though summer crops are over, there is still quite a bit of food left in the garden, and I look forward to sharing these with you over the next two weeks.

There is always uncertainty going into winter—this year more than usual. One thing is sure—we all need to eat! I will be continuing to grow as much as possible this winter and hope to find ways to continue learning without in person farm conferences. If you are interested in helping guide the direction of the farm in the future, please let me know—I would like to put together an advisory group of CSA members.



Farm Updates
Full Egg Shares
Recipes

Cream of Celeriac Soup



Week 16 Vegetables

Celeriac: This old timey vegetable fell out of favor after refrigeration, but it used to be a winter staple because of its storage potential. The texture of an apple but flavor of celery. It can be roasted with other root vegetables to bring out the sweetness, or made into a soup. To prepare, cut off root and stem ends and then peel. From there you can either slice, dice, or even boil and mash to make a puree.

Carrots: Cosmic purple and scarlet Nantes carrots are great to roast or even eat fresh. Carrots can be sliced in half lengthwise

before roasting for an elegant presentation. Remove green tops for storage.

Radish: Radish greens are a highly nutritious cooking green—add to roasted roots in the last 5-10 minutes of cooking, or sauté. The roots also make a great snack, or can even be roasted. Remove green tops and rubber band for storage.

Peppers: Peppers did not make a great showing this season and with frost imminent, this may be the last of them. Peppers make a great seasoning to flavor any dish. All peppers are sweet peppers. Will try again next year.

Cucumber: This will be the last week of cucumbers. It will be hard to say goodbye but has been a good run.

Full shares also receive broccoli and eggplant.

Recipes

Cream of Celeriac Soup

1 medium celeriac root
2 carrots (orange)
1 small yellow onion
1 small potato
1 clove garlic
2 Tablespoons coconut oil
2 Tablespoons sunflower oil
¼ cup coconut milk
1/8 teaspoon turmeric powder
1 Tablespoon maple syrup
1/8 teaspoon ginger powder

1/8 teaspoon paprika
¼ teaspoon whole coriander seed
¼ teaspoon whole peppercorn
2 cardamom pods
1/2 cinnamon stick
2 bay leaves
1 teaspoon herbs de province
1 Tablespoon white wine vinegar
Salt and pepper
Fresh chopped parsley

To make the aromatic broth, heat 1 tablespoon each coconut and sunflower oil in a small saucepan on medium heat. Add coriander seed, peppercorns, cardamom pods (crushed open), and cinnamon stick. Toast spices in the oil until just starting to crackle and becoming fragrant. Turn off the heat and add bay leaves and herbs de province. Once the oil has cooled slightly, add 3 cups water and bring to a simmer. While the aromatic broth simmers, prepare the vegetables.

Peel and small dice carrots, celeriac, and potatoes. To prepare celeriac, trim the root and stem ends and peel by slicing downward with a knife. Proceed to dice similar to potato. Mince onion and garlic. Smaller diced vegetables helps them cook faster.

In a heavy soup pot, heat the remaining oils on medium low. Add the diced vegetables and stir to coat in the oil and begin to sweat. Season with salt, turmeric, ginger, paprika, and maple syrup and stir to coat. Continue cooking on medium low until vegetables are softened, about 15 minutes.

Strain the aromatic broth and add about 2 cups to the vegetables. Add the coconut milk and stir to combine. Simmer for another 10 minutes and then turn the heat off and allow to cool slightly. Once cool enough to work with, transfer to a blender or food processor and blend until smooth. Return soup to the pot, add the white wine vinegar and adjust seasonings adding more salt and pepper as needed. (For a finer soup, it can be strained through a mesh sieve after blending). Reheat as needed and serve with fresh chopped parsley.