



SUNSHINE IN A BOX



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Welcome Fall

Farm Updates

The final CSA delivery will be October 9th (next week!) I typically aim for mid-October as the end of the season, although I will still be taking advantage of any nice days left to plant garlic and prep fields for the winter. With the exceptional weed pressure this season, hopefully I will be able to take more preventative measures for next year before the snow flies.

Eggs are coming at a nice pace and I will continue to have availability after the CSA is over. Please let me know if you would like to set up winter pickup. The chickens are not little chickies anymore, and have taken to exploring quite a bit. Hopefully once the CSA is over I can utilize the chickens to eat weed seeds and scratch up the gardens.

This time of year is always a little heavy as the days become noticeably shorter and the first frost is imminent. It is also difficult to ignore the challenging situation farmers are in—more and more rain every year, strange temperature

fluctuations, late and early frost dates, “super weeds” like palmer amaranth, low commodity prices, and the list goes on. I once heard a theory that climate change would help farmers because we would have a longer growing season. This seems like a simplification of the issue but I can only hope for the best next year. If anything these challenges only make me want to dig my heels in more. This month I am headed to the Women in Sustainable Agriculture farming conference in St. Paul on behalf of the Sustainable Farming Association and I look forward to hearing how other female farmers are learning to become more resilient. The land has so much to offer if we treat it with gratitude instead of a mentality of dominance. The winter is a chance to retool a bit and get inspiration for next year, and I am looking forward to diving into more research about permaculture, indigenous farming, and biodynamic farming methods.



Recipes

Aunt Andree's Celeriac Hors D'oeuvre

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Week 17 Produce

The final weeks to enjoy fresh garden produce!

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Week 17 Produce

Swiss Chard: This crop of chard has managed to stave off a common disease that presents as spots on the leaves thanks to good air flow and soil health practices. Try using the swiss chard in the Yellow Broth recipe below.

Onion: Try using onion in the Yellow Broth recipe below along with celery and carrot to create a soup base. Also nice sauteed with beans and/or swiss chard.

Tomato: With the frost imminent, the tomatoes are pretty much done after this week's cold rain anyway. Other than the late start, it has been a great tomato season especially considering the heavy precipitation. This will probably be the last week for tomatoes.

Beans: A magical final picking of beans before the frost. This is another crop that will be affected by the frost so it is also most likely the last week for beans.

Celeriac: Two veggies in one! This is grown for the white root but the tops can also be substituted for celery in recipes if needed. To prep celeriac, remove top and shave off roots. Peel what remains of the bulb and roast or thinly slice and toss with a dressing to eat raw. Roasted bulb can be mashed or pureed for a nice side dish.

Radish (Full shares): Exciting to see radishes in the cover crop blend. One of my favorite spring and fall crops. Hopefully next year there will be more fall radishes if there is more space for replanting. Don't forget to also use the greens—the best part! If you're not sure what to do with them, you can add them into the Yellow Broth recipe at the same time as chard.

Recipes

Aunt Andree's Celeriac Hors D'oeuvre

1 large celeriac
2 Tablespoons strained lemon juice
Salt
3 to 4 Tablespoons Maille or Dijon mustard
2 Tablespoons boiling water

1/3 cup olive oil
2 Tablespoons white wine vinegar
6 hard cooked eggs
1/2 cup mayonnaise
Minced chervil or parsley

Peel the celeriac and cut into thin strips. Toss in a bowl with the lemon juice and a little salt, and marinate. Set a mixing bowl that narrows at the bottom over a kettle half-filled with boiling water. Put the mustard into the bottom of the bowl and whip in the boiling water, a little at a time. Beat in the oil, drop by drop, then the vinegar. Season to taste.

Rinse the celeriac in cold water, drain, and shake dry over heat, but don't cook. Toss in the mustard sauce, until the celeriac is well-coated, cover, and marinate for several hours.

Shell the eggs and slice into rounds. On each plate arrange a bed of sliced eggs, pile marinated celeriac on top, and decorate with a spoonful of firm mayonnaise and a sprinkling of chervil or parsley. Serves six. (Heriteau, 1970)

Yellow Broth

2 tablespoons butter
1 onion, minced
1 celery stalk, minced
1 carrot, finely chopped
2 tablespoons all purpose flour
3 3/4 cup chicken stock

1/4 cup medium steel cut oats
1 1/2 cup chopped swiss chard
2 tablespoons cream
Salt and pepper to taste
Chopped fresh parsley to garnish

Melt the butter in a large saucepan. Add the onion, celery and carrot and cook for about 2 minutes until the onion begins to become soft. Stir in the flour and cook slowly for 1 minute longer, stirring constantly. Pour in the chicken stock and bring to a boil. Lower the heat, cover, and simmer for 30 minutes until the vegetables are tender.

Stir in the oats and chopped swiss chard and cook for 15 minutes longer, stirring from time to time. Stir in the cream and season well. Garnish with chopped fresh parsley. (Mayhew, 1999)