



SUNSHINE IN A BOX



Issue 19 Volume 3
October 18th, 2017

IN THIS ISSUE

Final Week of the 2017 CSA

Farm Updates

Time has slowed down but sped up at the same time—with cold temperatures and longer days to maturity for the vegetables I feel like everything is in slow motion, but with short day lengths it is hard to fit in all the projects and usual chores as nighttime creeps up suddenly. The changing season and produce availability are saying that we made it through another life cycle on our planet, and Mother Nature has pulled through to bring a beautiful week to enjoy the final harvesting and last hurrah of this trip around the sun before the dark, cold days set in for a while. Cont p. 2

Final Week Housekeeping

CSA Boxes—The final waxed cardboard box is yours to keep! Repurpose it if you can, otherwise please compost it or return it to me. Unfortunately the boxes are not recyclable.

Storage Share-- I will be offering a limited number of storage shares again this season—CSA members will have exclusive access to a one time share including some late season produce, storage crops, canned goods like pickles and tomato sauce, dried herbs, and more. The storage shares will be delivered on

Wednesday, November 1st and will cost \$30 each. Please email me with your interest.

CSA Survey—We would love to have your anonymous feedback as part of an MN Dept. of Ag research study. One Solar Fresh CSA member who participates in the survey will be randomly selected to receive a **\$25 credit towards next year's CSA share!**

Take the survey by going to the link on the card (tiny.cc/solarcsa) or scanning the QR code. The survey will be open until October 31st.

This feedback will help us better serve you in the future and will also help the state better support CSA farms. Please be as honest and detailed as possible with your responses. Thank you for your participation!

Recipes

Beet and Beet Green Risotto

Sesame Carrot Slaw

Page 3



Week 19 Produce

Vegetables get spooky for Halloween

Page 2

Week 19 Produce

Carrots: The multiple light frosts so far have sweetened up these carrots, especially the Purple Haze carrots which are beautiful and delicious!

Beets: Beet greens can be added in with other greens like radish and carrot tops for a Sautee with garlic or onion. Baby beets make a beautiful garnish and can even be thin sliced or sliced into matchsticks for raw eating. Try steaming for another quick and easy preparation. Remove beet green tops for storage.

Butternut Squash: This winter squash has the potential to store for weeks or months, but you will want to enjoy it sooner. Cut the squash in half lengthwise and scoop out the seeds and pulp. Roast in a baking dish with 1 inch of water (you may need to add more water during the cooking time if it dries out). Cook at 350 until fork tender, about 45 minutes. Allow to cool slightly before handling. Scoop out the squash and season with salt, pepper, butter, and your choice of herbs, maple syrup, or brown sugar. Another cooking option is to peel and cube raw and then roast—the cubes make a great addition to stuffing or add to an arugula salad with red onion. Butternut squash can also be subsisted for pumpkin in pie and other desserts.

Broccoli or Kale: The broccoli is maturing still at a slow and uneven pace, but everyone who didn't get broccoli last week will get some this week. Broccoli will be sweeter with multiple frosts. Steaming is the most nutritious way of consuming broccoli. Also, having broccoli with some sort of fat like sour cream dip or butter will help with nutrient absorption.

Red Onion: Red onion is less pungent making it a good candidate for eating raw. You will find an assortment of other onions that will store into winter like yellow and shallots. They can be used interchangeably in recipes.

Baby Leeks: Leeks are great for building up the flavor base of soups and sauces. Baby leeks are more tender and aromatic, and need only to be cooked gently on low heat. Pairs well with carrots, squash, beets, and onion.

Black and Watermelon Radishes: Two types of daikon radishes will help make your crudité platter extra creepy for Halloween. Thin sliced along with purple carrots, beets, or other veggies will create a visually stunning effect.

Full shares also receive an additional squash variety and scallions.

Farm Updates Cont. from p. 1 This week we are bringing you all the vegetables left on the farm, other than a few carrots for enjoyment by the farmers this winter, and some items that will hopefully be ready for the storage share in November like lettuce, broccoli and radish. We have put our hearts into making this season possible, and of course could not have done it without the support of you, the CSA members. In an increasingly uncertain world, one thing we are sure of is the ability of food to lift the spirit and connect us with each other, our ancestors, and the planet.

I would like to extend a personal thank you to CSA Members, Ridgeroll Farm, the host pick up locations, volunteers, and especially my sister, Jennifer, for always encouraging me and helping create the CSA in the form it is today. The CSA relies on a community of customers and supporters—thank you for breathing life into this farm.

Recipes

Beet Risotto with Beet Greens

1 pound small beets with greens attached, roots and greens separated, roots scrubbed, greens chopped and washed with water left clinging to leaves	1 cup Arborio rice
2 tablespoons extra-virgin olive oil	½ cup dry white wine
1 garlic clove, minced	2 tablespoons unsalted butter
1 small onion, finely chopped	½ cup finely grated Parmigiano-Reggiano cheese
3 cups low-sodium chicken broth	Coarse salt and freshly ground pepper

Preheat oven to 425 degrees F. Wrap beets in parchment, then foil, and place on a rimmed baking sheet. Roast until knife tender, about 45 minutes. When cool enough to handle, rub with a paper towel to remove skins, Cut into ½ inch dice.

Heat 1 tablespoon oil in a large skillet. Cook garlic, stirring frequently, until softened, about 1 minute. Add greens and cook, stirring occasionally, until just tender and wilted, 3 to 4 minutes. Remove from heat.

Meanwhile, heat remaining tablespoon oil in a pot over medium. Cook onion, stirring frequently, until golden brown and soft, about 10 minutes. Bring broth to a simmer in a saucepan; reduce heat and keep warm.

Stir rice into pot with onion and cook, stirring 2 minutes. Stir in wine; cook, stirring, until reduced by half, about 3 minutes. Ladle ½ cup broth into pot; simmer, stirring until almost all liquid is absorbed (the rice should be thinly veiled in liquid at all times during cooking). Add remaining both ½ cup at a time, stirring until almost all liquids is absorbed before adding more, until rice is still opaque in the center and suspended in liquid the consistency of heavy cream (you may not need to use all broth), about 25 minutes total.

Stir in beets, greens butter, and cheese; season with salt and pepper. Serve immediately. Serves 6.

Martha Stewart's Vegetables. 2016

Sesame Carrot Slaw

1 tablespoon sesame seeds	1 tablespoon safflower oil
¾ pound carrots, peeled and shaved with a vegetable peeler	½ teaspoon finely grated lime zest, plus 1 tablespoon fresh lime juice
4 scallions, thinly sliced lengthwise	Coarse salt and freshly ground pepper
1 tablespoon rice vinegar	

Heat a small skillet over medium. Toast sesame seeds shaking pan frequently, until golden and fragrant, 2 to 3 minutes. Transfer to a plate to cool.

Combine carrots, scallions, vinegar, oil, sesame seeds, and lime zest and juice in a bowl. Season with salt and pepper and toss to combine.