



Westfield CSA Newsletter

Farm News

Hello Everyone,

We received some needed rain this past weekend; almost 3 inches it would appear. It's been 2 weeks since the last precipitation and we had begun moving the sprinklers around again. While the remaining crops will certainly benefit from the moisture, the ground is now so wet that it is making it difficult to harvest the rest of the potatoes. More rain is predicted for this evening and tomorrow; I'm hoping the weatherman is wrong! We are shipping several less common items this week- celeriac or celery root, All Blue potatoes, and carnival squash. Celeriac can be cooked in soup or grated

Celeriac

Celeriac or celery root is a special variety of celery which is cultivated specifically for its large, robust, and unfortunately rather ugly root. There are a number of raw and cooked uses for celeriac, which is an enduring favorite in European cuisine. The history of celeriac is quite long. Celery has been cultivated as an edible plant for thousands of years, and Mediterranean gardens began to breed a form of celeriac hundreds of years ago. In the Middle Ages, celeriac spread upwards from the Mediterranean, finding its way into

and used raw- mixed with mayonnaise and/or mustard and onion to make a kind of a slaw. The All Blue potatoes have quite a loyal following at the markets, although I find them rather dry. Using them for mashed potatoes helps to solve this issue; will your children eat blue mashed potatoes? Carnival squash is a colorful variation on acorn squash and is cooked the same way. They make great decorations until you get around to cooking them! The share for this week will be: All Blue potatoes, radishes, celeriac, onions, choice of lettuce or escarole, carnival squash, choice of arugula or

Northern European cuisine. The growing period for celeriac is long, and the roots can take up to 200 days to fully mature. When mature, the portion of the plant which grows above the ground looks much like common celery, with an assortment of stalks arranged around a central point on the root. When the celeriac is harvested, the knobby root with trailing threads of roots is revealed. The root has a slightly spicy flavor which reminds consumers of parsley and celery, unsurprisingly, since these plants are close relatives.

tatsoi, cauliflower or broccoli, and choice of an herb.

Enjoy!

Farmer John

Extended Share

Don't forget—our extended share is now available! If you are interested, please bring a check for \$100 made out to John Krueger by November 6th.

Near the end of the season, John takes stock of what he has left in the fields and this year there is an abundance! John is offering a 3 weeks extended season share for \$100. The first two weeks will be regular shares, perhaps slightly larger than usual. The third week will be a "stock-up". Last year we received over 6 lbs of potatoes, a 15 lb box of assorted winter squash, a few celeriac, leeks, cabbage, bags of carrots and beets, broccoli, apples, greens and lettuce. It was enough to keep us eating into the new year!

Pick ups will be Thursday, Nov 20, (probably) Wednesday, Nov 26, and Thursday, Dec 4. If the Wednesday (before Thanksgiving) pick up does not work for you, please let Danielle know.

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Shelly Brown

Elizabeth Miller

Marty McDevitt

Second Shift 5:00pm-7:30pm

Ellen Haggerty

Lilly Flint

Jennifer Perkins

Quick Tips—Onions

This quote on storing onions was taken from the most recent issue of *Organic Gardening* magazine:

Place cured and dried onions in mesh bags, baskets, or ventilated crates, and store them in a dry area where the temperature stays between 30 and 50 degrees F. Check them periodically; if you see sprouts or roots forming, the temperature is too high and conditions too moist. If you keep your storage onions cool and dry, they will keep for up to a year - or just about the time you are ready for the next crop!

Storage Tips for all those Hardy Veggies

With our shares heavy with winter crops and school in full swing we may not always get to cooking all our veggies every week. Luckily, many winter crops store well. Here are some tips:

1. Peppers – save some summer freshness for the dead of winter! Just wash, dry and cut up fresh peppers. Then place them in a freezer bag, squeeze out the air, seal and freeze! Frozen peppers can be used in any cooked dish you need fresh peppers for – stir fry, soup, casseroles, etc. They taste great!
2. Potatoes – keep unwashed in a loosely closed paper bag in a cool, dry place. They will keep a few weeks at room temp., longer if kept between 40 and 50 degrees F.
3. Winter squash – cool, dry, dark and airy place. Again, 40-50 degrees F is best. Acorn and butternut last longer than pumpkins, buttercup and delicata). You can also bake the squash by halving it, scooping out the seeds and placing face down on a baking sheet in a 400 degree F oven for about 45 minutes depending on the size. When cool, scrape out all flesh and mash. Then freeze for uses in pies, muffins, pancakes, purees, casseroles, etc. Butternut and even acorn can substitute for pumpkin.
4. Celery Root (Celeriac) – unwashed in a plastic bag in the fridge, it will keep for weeks. You can cut off a few strips at a time for use in soups and still keep it wrapped well for later use.
5. Sweet Potatoes – Loosely closed paper bag in a cool, dry place. Supposedly keep for 2 months, but mine never do. I use them quickly.

6. Cabbage – place dry, unwashed cabbage in the vegetable bin. If the outside leaves get limp, just cut them away when you want to use the cabbage. Keeps more than a month. If you cut it, seal it in a plastic bag and refrigerate. Will still keep a few weeks.

7. Kohlrabi – remove stems and leaves and eat like kale within a week. Place bulb in a plastic bag in fridge and use within 2 weeks.

Where is it 40-50 degrees F in your house? In the garage, next to an inside wall (shared with your house). Just be careful not to leave your veggies out on VERY cold nights or they might freeze! Or try an unheated, DRY basement.

What do you do with Celery Root?

- 1) To Prepare Celery Root: Soak celeriac briefly in warm water and then scrub it with a brush. Slice off a thin disk from the top and bottom so it rests on the cutting surface. Peel it with a sharp knife. If you don't use it right away, you'll want to marinate it in lemon juice to avoid discoloration.
- 2) You can grate it raw with beets, carrots, apples, etc. You can even grate it into your salad.
- 3) Chop up into matchstick size pieces and eat it with dip.
- 4) Use as a celery replacement and cook it in stews.
- 5) Treat it like any other root vegetable. Try boiling it and mashing it in with potatoes. Or, make it into a celery root gratin (just like potato gratin!).
- 6) Slice into 1/4-1/2" sticks and fry them like French Fries.
- 7) Make celery root slaw. Use celery root instead of cabbage in your favorite slaw recipe. I celery root slaw in a French Restaurant. They grated the root with carrots and dressed it in a sauce of Dijon, vinegar and mayonnaise.



Member's Forum

Are there any vegetarian restaurants in the area? At pick up last week one of our members was inquiring about vegetarian restaurants in the area. Since we couldn't come up with many, we thought we'd put the question out to the group and publish the answers in next week's newsletter. Please email us if you know of any!

(katieb430@verizon.net or alpolon-sky@aol.com)

Please contact us with any other questions or comments you may have! We are always open to reader's feedback. Don't forget to check us out on the internet at:

www.westfieldareacsa.com