

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

	Fridge?	Bag?	Notes & Varieties
Cabbage	Yes	Plastic	Savoy
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Cilantro	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Lacinato
Leeks	Yes	Plastic	
Mustard	Yes	Plastic	Green and red
Onions	No	No	Yellow
Parsley	Yes	Plastic	Italian
Parsnips	Yes	Plastic	
Potatoes	No	Paper	Reds and yukons
Rutabagas	Yes	Plastic	
Shallots	No	No	
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Butternut, pie pumpkin and heart of gold

## Parsnips

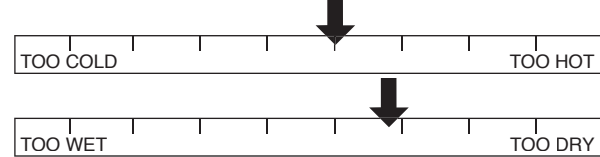
The root of the week this week is parsnips. It is my favorite root vegetable, apart from the carrot of course. The sweetness of the parsnip is what made it famous, parsnips and beets are the sweetest of the northern root vegetables. Before there was readily available sugar sweetness came from vegetables and fruits. And vegetables that could be stored for long periods of time provided the only source of sweetness for much of the year. As sugar became more widely available some of these root crops waned in popularity.

They are a difficult crop to grow for several reasons.

## Farm Report

Rainfall . . . . .0.10"  
 High Temperature . . . . . 62°  
 Low Temperature . . . . . 24°

Farmer Complaint Indicators™:



**IMPORTANT!**  
**The next share delivery is on**  
**TUESDAY, November 20**  
**because of Thanksgiving.**  
**Sites and times are the same.**

They germinate slowly and poorly, they can take up to three weeks to sprout and require nearly constant moisture during that time. This means that they are prone to becoming very weedy, since you really have to wait for them to come up before you can weed them. They take a long time to size up and when they do they can be nearly impossible to get out of the ground, it's not uncommon for the tap root to continue down into the ground three or four feet. Because of these factors we get a crop of parsnips about once every three years.

My favorite way to eat parsnips is that way we always ate them at home, which was sliced into 1/8-inch slices and sauteed in butter. Generally parsnips are always peeled, although these are so fresh that if you're going to puree them I wouldn't bother.

Also in the box this week are some late season dill and cilantro. The weather had been so mild and they looked so nice for November I thought you might enjoy them.

I also gave in and picked some red and green mustard. I planted these for the round of salad mix we had back in September, but they came back so nicely that they deserved a second chance. They have a nice mustard-y bite to them.

We'll have a cabbage in the box each time from here on out. Savoy this week, red next time and green after that.

## Farm News

We finally got some colder weather at the farm this week, the thermometer outside the house got down to 24° but it was colder out in the field. There isn't much left in the field to be damaged at this point. We picked some of the fresh stuff for this share ahead of the cold, and the kale, herbs and leeks don't mind it much. It has been a very mild fall. We did have some snow flying on Monday while we were picking Brussels sprouts. The sprouts will be in the share next time. We also got the remaining rutabagas and turnips harvested and washed. Last week was also the time to get all the rest of the squash washed and put away in the cooler for storage.

It has finally dried out nicely in the fields. We were able to get the garlic planted last week and I got it mulched on Tuesday. I planted extra garlic for next year so we should have plenty and some extra to sell to folks who would like more. I also mulched the strawberries, yes that's right, strawberries. Next year will be our first year having them in the boxes...hopefully.

The turkeys and chickens are all sold out. Thanks to all of you who've been ordering them. At this point I think we'll do them again next year, although the price of organic feed is getting ridiculous. I'm going to try and put together a survey about them for those of you who got them. If you ordered a turkey they will be delivered with the next share and they will be thawed. I will email out invoices for the turkeys next week.

The next share delivery is on the Tuesday before Thanksgiving, November 20. Same pickup times apply. In an effort to make your Thanksgiving planning easier here's a rundown of what should be in the box the next delivery: 4# carrots, 5# russet potatoes, 4# sweet potatoes, 2# Brussels sprouts, 1 red cabbage, 2# beets, 1 celeriac, 5 parsnips, 1 rutabaga, 5 turnips, 2 buttercup squash, 4 onions, 4 shallots, leeks, sage, thyme.

I also still have a few quarts of maple syrup and some honey available. Please email me if you'd like some.

The last thing I managed to do this week was get out and take some soil samples before the ground froze up. I take soil samples each fall of the area where the vegetables will be next year so that I can get amendments ordered to apply first thing in the spring. I was very happy with the performance of the soil this year and am hoping to make it even better.

The following recipe was in the NYTimes last week and is another raw kale salad, which is something we've been enjoying quite a bit lately.

## Raw Tuscan Kale Salad With Pecorino

- 1 bunch Tuscan kale (also known as black or lacinato kale)
- 1 thin slice country bread (part whole-wheat or rye is nice), or 1/4 cup homemade bread crumbs (coarse)
- 1/2 garlic clove, finely chopped
- 1/4 cup finely grated pecorino cheese, more for garnish
- 3 tablespoons extra virgin olive oil, more for garnish
- Freshly squeezed juice of 1 lemon
- 1/4 teaspoon kosher salt
- 1/8 teaspoon red pepper flakes
- Freshly ground black pepper, to taste.

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl.

If using bread, toast it until golden on both sides. Tear it into small pieces and grind in a food processor until mixture forms coarse crumbs.

Using a mortar and pestle, or with the back of a knife, pound garlic into a paste. Transfer garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine (dressing will be thick and need lots of tossing to coat leaves).

Let salad sit for 5 minutes, then serve topped with bread crumbs, additional cheese and a drizzle of oil.

## Celeriac, Carrot and Beet Salad

- 1/2 teaspoon salt
- 1 tablespoon whole-grain mustard
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1/4 cup whole-milk yogurt
- 1 medium celeriac, peeled and cut into coarse shreds with food processor or grater
- 1 small shallot, minced
- 1/2 pound carrots, peeled and cut into shreds
- 1/2 teaspoon dill, minced
- 1 tablespoon small capers
- 2 tablespoons parsley leaves, minced
- 4 small beets, cooked and sliced

Blend salt, mustard and lemon juice in a small bowl. whisk in oil, then yogurt.

Add shallot and three-quarters of the dressing to the celeriac. Using your hands, toss and separate the strands to coat well. Toss the carrots with the remaining dressing in another bowl. Cover and refrigerate both bowls for a couple hours.

To serve, toss celeriac with capers and parsley. Arrange beets on serving dish topped with celeriac, then carrots.