



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Last of it
Cabbage	Yes	Plastic	Red
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Parsley and thyme
Kale	Yes	Plastic	Curly
Leeks	Yes	Plastic	
Onions	No	No	Yellows and a red
Parsnips	Yes	Plastic	
Peppers	No	No	Dried cayenne
Potatoes	No	Paper	Reds or Red Gold
Radishes	Yes	Plastic	Watermelon
Rutabagas	Yes	Plastic	
Spinach	Yes	Plastic	Beautiful
Turnips	Yes	Plastic	Purple top
Winter Squash	No	No	Butternut

## Root Crop Roundup

It's been a good fall for the root crops at the farm. Today we're sending a nice variety, although I'm going to leave out the beets because there just isn't enough room for everything.

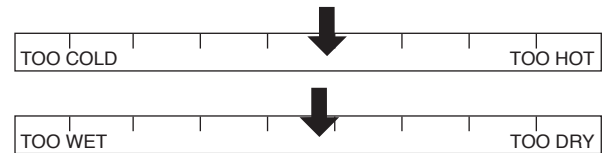
New to the box this week is a turnip, a rutabaga and a watermelon radish. Other roots this week are carrots, parsnips and celeriac. Potatoes, of course, are tubers, not root crops. And garlic and onions are classified as bulbs.

We don't want to load you up on root crops that don't get used, and some of them are rather large, so we're just sending one each of the alt root crops. Often, one rutabaga is enough for folks. These are really quite tasty, though. If you like kohlrabi, try the rutabaga raw in slices with some coarse salt.

The watermelon radishes are a big hit in our household, and amongst our kids friends. We peel them

## Farm Report 10/27/16

Next Autumn Share . . . Thursday, November 10th  
 Rainfall . . . . . 1.76"  
 High Temperature . . . . . 76°  
 Low Temperature . . . . . 34°  
 Farmer Complaint Indicators™:



thickly, taking off all of the green/white skin, and then cut them into wedges or matchsticks for snacking. It's the flavor and sweetness of the best radish, with none of the heat. They're also just plain beautiful. It's prettier to leave the peel on and cut them into half-rounds. The scarlet interior offsets the outer skin color nicely. We've still got some of these sizing up in the field, so hopefully we can have more than one in the next two boxes.

It's been quite a few years since I grew any purple top turnips. They're really quite striking in their own way. We're used to the tasty white salad turnips in the spring and early summer, but they don't store well for fall use. These purple tops grown in the fall are almost as sweet and mild as the white ones.

Also new to the box this week is the first of the fall cabbages. We'll do a red cabbage this week, green for the next box, and then another red for the Thanksgiving week share. Some of these are a bit large too, sorry about occupying so much real estate in your refrigerator this week, but boy is it nice to get some of these out of the cooler at the farm.

Arugula is back in the boxes this week. We had three good plantings in the field for later boxes but an ill-timed very windy day wreaked havoc on those plantings. This week's was from the middle of those three rows so it was kind of protected by the other two larger rows. There's still a little bit of wind damage on an occasional leaf. This will be the last arugula of the year.

This will also be the last of the broccoli. The latest planting is done now, and some of these heads are a bit small, but I'm always happy to have broccoli this late.

The spinach this week is the last of it from the field. It had gotten too large to bunch, so we have individual leaves in a bag. The color and flavor on it are amazing. We did a quick wash on it at the farm, but it will need to be washed again since it was quite dirty. It's also coming to you fairly wet, so it will keep best if you wash it and spin it dry when you get your box home.

During the late summer weeks and into September we harvest cayenne and paprika peppers and dry them in our large dehydrator. The first handful of cayennes is in the bag with the onions and garlic this week.

They're not dry to the point that they're brittle, so if you want to crush them up easily you may want to dry them a bit longer in a 200° oven, otherwise a sharp knife cuts them up nicely.

We ran into a bit of a time crunch this week, so the garlic didn't get cleaned as nicely as we'd like, but we got most of the dirt off of it. The garlic, onions, shallots and dried cayenne peppers are all in one bag.

Potatoes this week are the red norlands or the red gold. These are our earlier potatoes and we like to have them all delivered before we get too late in the fall. Both of these make great mashed potatoes for a cold fall day.

### Farm News

Last week, with no shares to deliver, it's a busy time for harvesting at the farm. The carrots are all out of the field, which was nice to get done before the rain this week. The garlic also got planted for next year, which is also always nice to check off the list.

In between harvesting we're cleaning up the fields, getting them put to bed for the winter. It will be a big relief to get the shares out this week so that we can finally get some boxes emptied out and free up some space in the cooler, which has been packed to the gills for months.

It's such great weather for cooking when we get these cool fall days that I'll signoff early and leave room for a couple of tasty sounding recipes that I pulled off of the *New York Times* recipe website. I hope you can find the time to steam up the windows cooking the great flavors from the box this week. -David

### Root Vegetable Soup

- 6 tablespoons unsalted butter
- 1 large onion or 2 leeks (white and light green part only), chopped
- 2 to 3 celery stalks, diced
- 3 garlic cloves, finely chopped

- 3 rosemary or thyme branches
- 2 bay leaves
- 3 ½ pounds mixed root vegetables (carrot, parsnip, celery root, turnip, rutabaga, sweet or regular potato), peeled and cut into 1-inch chunks
- 2 teaspoons fine sea salt, more as needed
- ½ teaspoon black pepper, more as needed
- Juice of 1/2 lemon, more for serving
- Extra-virgin olive oil
- Flaky sea salt
- Crushed chile flakes, optional
- Grated Parmesan or pecorino, optional

Melt butter in a large, heavy-bottomed pot. Stir in onion and celery. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in garlic, rosemary and bay leaves; cook 1 minute more. Add root vegetables, 8 cups water, salt and pepper. Bring to a boil; reduce heat to medium and simmer, covered, until vegetables are tender, 30 to 40 minutes.

Remove and discard rosemary branches and bay leaves. Using an immersion blender, purée soup until smooth. (Alternatively, you can purée the soup in batches in a blender or food processor.) If the soup is too thick, add a little water. Season with lemon juice and more salt to taste.

To serve, ladle soup into bowls and top with a drizzle of olive oil, a few drops of lemon juice, flaky salt and crushed chile or grated cheese, if desired.

### Kale and Red Cabbage Slaw with Walnuts

- 4 cups stemmed, slivered curly kale
- Salt to taste
- 1 tablespoon extra virgin olive oil
- 3 cups finely sliced or shredded red cabbage
- ¼ cup finely chopped walnuts
- 2 tablespoons seasoned rice vinegar
- 2 teaspoons sherry vinegar
- 2 to 3 teaspoons Dijon mustard (to taste)
- 1 small garlic clove, minced or puréed (optional)
- 1 tablespoon walnut oil
- ¼ cup plain yogurt
- Freshly ground pepper

Place the slivered kale in a large bowl. Sprinkle with salt and add 1 tablespoon olive oil. Toss together and massage the leaves with your hands for about 3 minutes. The kale will lose some volume.

Add the cabbage and walnuts to the kale and toss together.

In a small bowl or measuring cup, combine the rice vinegar, sherry vinegar, Dijon mustard, optional garlic, walnut oil, yogurt and salt and pepper to taste. Whisk together and toss with the salad. Taste and adjust seasonings. Cover and refrigerate for 1 hour or longer before serving. Toss again and serve.