

Big Leaf Farm Newsletter Week #24 Nov. 8-14, 2009

Farm News

There is only one week left in our regular season. It's hard to believe we've been sending out shares for the past 24 weeks - this spring, summer and fall has been quite a whirlwind. We're looking forward to some quite weeks this winter, but we're also looking forward to starting it all over again in February. Response to our winter CSA season has been phenomenal and we quickly filled our rolls in a couple of weeks.

This last week we completed our final plantings of the year – overwintering onions for scallions in the spring and sweet onions in early summer, and cover crops and overwintering greens in the greenhouse. We've been enjoying this warm (if wet) fall weather which has resulted in better than average growth in our up and coming cover crops.

We'd like to give out a quick reminder to complete the survey that was included in last week's newsletter. We're seeing very few of this coming in so far and we'd like to encourage everyone to contribute. It's easy to complete the survey at our website. Just go to www.bigleaffarm.com and follow the link. It should only take about 3 minutes of your time. If we don't get a large enough response to the survey we're going to withhold the last week of vegetables.... Just kidding! But it is important for us to know how you feel about your CSA experience as we start to plan for next year.

Cast of characters



- **Scallions:** These are great used like onions in a stir fry. We use the whole think – white bottom and green tops.

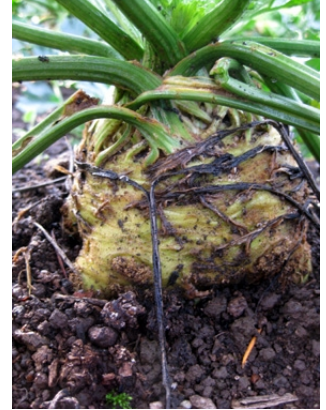
- **Spaghetti squash:** Spaghetti squash is back! Check out this

week's recipe for spaghetti squash.

- **Mustard Greens:** We think mustard greens are unsurpassed for their flavor and enjoy them added to soups or chopped in stir fries or with eggs in the morning. They cook down so you can really get a lot of them in one dish! Don't be afraid to include the stems – they add bulk like boc choy, and are very sweet and tender when cooked.

- **Broccoli:** We're loving this sweet fall broccoli, and we hope you are taking pleasure in it too. We enjoyed it last night on pizza.

- **Celeriac:** Plant breeders have encouraged celery to produce a large bulbous root, resulting in celeriac, or celery root. This root vegetable is great raw or cooked and has a mild celery flavor. It is great paired with potatoes in soups, purees, or gratins. And it doesn't absorb oil when you fry it. Celeriac will keep for several weeks if stored in plastic in the fridge. The trimmings are great in vegetable stock, and celeriac browns quickly after cutting. To avoid this, dress it with an acidic dressing or place in lemon water to prevent oxidation. There are a couple recipes favoring this vegetable below.



- **Potatoes:** Fingerling potatoes are up this week. These remain firm when cooking, and are great in dishes when you want the potatoes to hold their shape. They're also great mashed, though.

- **Garlic:** Because we started our garlic plantings long before we had seriously considered CSA we didn't grow as much as we would have like to give out to our members. Our garlic also suffered from our acid soils before we had a chance to seriously amend them. Here's your one shot at garlic for the CSA season.

- **Carrots:**

- **Cabbage:** Savoy cabbage is great in slaw, or fried or steamed. This cabbage is very mild and the crinkled leaves help it hold sauces and seasonings.

Recipes

Spaghetti Squash with Moroccan Spices

- 1 spaghetti squash
- ½ stick (4 tablespoons) unsalted butter, cut into pieces
- 2 garlic cloves, minced
- 1 t ground cumin
- ½ t coriander
- 1/8 t cayenne
- ¾ t salt
- 2 T chopped fresh cilantro

Pierce squash with a sharp knife to prevent bursting. Cook it at 350 in a preheated oven for 45 min to an hour or until soft. Or you can cook it in the microwave. The length of time depends on the wattage of your microwave. Turn it once during the cooking process. When done it will feel soft. Allow it to cool for 5-10 minutes before proceeding.

Meanwhile melt the butter and sauté the minced garlic, then stir in the spices and salt, cook for a minute, then remove it from the heat.

Carefully cut the squash in half, being careful of any steam that might escape, and remove the seeds. Then remove the flesh from the skin into a bowl and toss with the spiced butter and cilantro.

From epicurious.com

Creamy Broccoli Soup

This soup can also be made with cauliflower. It's fine to use the stem of the broccoli, just chop it fine enough so that it cooks along with the florets. You might also try adding some celeriac to this soup.

- 2 T Butter or olive oil
- 1 Large onion, sliced
- 1 lb broccoli, florets separated and stems chopped
- 2 cloves garlic, minced
- Salt and pepper
- ½ cup white wine
- 3 cups vegetable stock
- 1 cup cream or sour cream

Melt the butter in a deep saucepan and add the garlic, onion, broccoli, and cook until soft, about 5-10 minutes. Add the white wine and cook for 1 minute, then add the stock and cook until the broccoli is tender.

Using an immersion blender, puree the soup in a pan. Or, cool it slightly and pass it through a food mill or process it in a blender until smooth. At this point you can cover and refrigerate for up to 2 days.

Before serving, make sure the soup is hot, add the cream, and adjust the salt and pepper.

From "How to cook everything vegetarian" by Mark Bittman

Celeriac and Apple Salad with Mustard Vinaigrette

- ½ cup of Mustard Vinaigrette
- 1 celeriac root, 14-16 ounces
- 1 large granny smith or other tart apple, quartered, cored, and sliced into slivers

To make the vinaigrette:

- 2 T red wine vinegar, sherry vinegar, or fresh lemon juice
- 2 shallots, or some red onion, finely diced. You could also use scallions (the white part)
- 1 garlic clove, minced
- salt and pepper
- 1 T Dijon mustard
- 2 T sour cream

- 1/3 cup olive oil
- 2 T chives (substitute with green part of scallion)
- 1 T chopped parsley
- 3 T capers, rinsed.

Combine the vinegar, shallots, garlic, and ¼ t salt in small bowl, letting stand for 15 minutes. Then whisk in the mustard, sour cream, and oil until it thickens. Add a little pepper and the herbs and capers. Taste and adjust. It gets better as it sits.

Peel the celeriac, then julienne it. Drop the juliennes into boiling salted water for 1 minute (don't wait for the water to boil again or you'll overcook). Drain, rinse, and pat dry, then toss with the apple and vinaigrette. Enjoy!

From "Vegetarian Cooking for Everyone" by Deborah Madison

Celery root and potato puree

- 2 lbs Yellow Finn or other boiling potatoes, peeled
- 1 celery root, about 1 lb.
- salt and pepper
- about ½ cup milk, cream, or cooking water, warmed
- 4-8 T butter

Cut the potatoes and Celeriac into chunks and cook separately – the potatoes for about 15 minutes, the celeriac for about 10, until both are tender. Drain the liquid, combine, and pass through a food mill or mash by hand. Season with salt and pepper and stir in the butter and enjoy.

From "Vegetarian Cooking for Everyone" by Deborah Madison



The winter greenhouse