



CSA News

September 20-26, 2021

CSA Week 20

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Two weeks remaining in Summer CSA Farm Share!

Sign up for Fall CSA at ElmwoodFarm.HappyCSA.com/Signup.

Farm Share Storage & Use Tips:

- Beets, carrots and hakurei turnips: Store in a plastic bag in the fridge. Wash just before use.
- Celery: Recut the ends and stand up in a jar of water in the fridge. It should keep for up to two weeks.
- Fresh herbs: Store in a jar of water like a bouquet in the fridge.
- Hot peppers, zucchini and summer squash: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.
- Leafy greens: Keep in perforated bag in your fridge's vegetable bin. Chop and wash ahead of time or just before use.
- Leeks and green onions: Wrap in a slightly damp paper towel inside a plastic bag; it doesn't need to be sealed airtight.
- Onions: Candy onions are sweet yellow. Also find red, yellow and white. Store on the countertop or pantry.
- Pea Shoots & Sunflower Shoots: Keep in the fridge in their plastic container. Do not wash until ready to use.
- Potatoes: These potatoes are meant to be refrigerated. Wash just before use.
- Tomatoes: Store tomatoes at room temperature. Ripen in a paper bag. Wash just before use.

Your Guide to Root Vegetables

Root vegetables are among the stars of the CSA Farm Share as the weather turns cooler. Summer vegetables—tomatoes, zucchini, eggplant, peppers—are only designed by nature to grow in summer. It's great that nature gave us other plants to eat other times of the year.

Types of Root Vegetables

Potatoes: These root vegetables need no explanation, right? Red, white, blue, yellow, purple and white bakers: Potatoes are a favorite crop at Elmwood Stock Farm.

These potatoes are uncured, so keep them in the fridge. When you're ready to eat your potatoes, scrub well, and cut off any sprouts or green skin. Peeling is a matter of preference.

Sweet Potatoes: Sweet potatoes are a staple of seasonal eating. Get ready for lots of sweet potato recipes coming your way when the harvest gets started, which should be in the next few weeks!

Elmwood Stock Farm generally grows several varieties of orange-fleshed sweet potatoes and one of white-fleshed. The orange sweet potatoes are sweet and starchy. The white ones are a Japanese variety that are more starchy, slightly less sweet. You'll also find fingerlings.

Salad Radishes: You've been seeing salad radishes on and off throughout the year, though these small radishes are most abundant in the spring and fall. You'll find them in reddish pink, purple and white, both round and oblong, depending on the variety.

These fast-growing root veggies are excellent on salads, of course, and we highly encourage you to try them roasted. They get caramelized and sweet! Salad radishes are also fun to ferment.

Winter Radishes: Watermelon radish, black Spanish radish and daikon radish fall into the winter radishes category. While they're all related, they're quite different:

- Daikon radishes: Long, white radish. Essential ingredient for kimchi, also great roasted and in stir fries.
- Watermelon radish: Larger round radish. Looks like a watermelon inside! Best roasted or very thinly sliced for salads. Try quick pickled!
- Black Spanish radish: Black outside and white inside. Very peppery. Excellent roasted, grated in stir fries and made into potato-like chips.

We'll likely see the winter radishes coming in October.

Hakurei Salad Turnips: You've been enjoying these sweet turnips for most of the Summer CSA. These mild Japanese turnips are fantastic

sliced on salads, and when roasted, they take on even more sweetness. Try them in stir fries and paired with sesame and miso flavors.

Other Turnips: Purple-top turnips, French white, scarlett queen and golden turnips are in the “other” turnips category. Before hakurei turnips came onto the local-food scene a few years ago, these were all we knew of turnip options. We still love them!

These tend to get quite a bit larger than the hakurei turnips. Any of you who were Winter CSA Farm Share members early this year may remember the golden turnips that were laughably gigantic, yet still delicious and not woody!

Your “other” turnips lend themselves well to braising above all else. You can purée them into soups and roast them, as well. We like to throw one into mashed potatoes for a bit of sweetness.

Carrots: You may find several colors of carrots in your Elmwood Stock Farm CSA share: orange, purple, yellow and rainbow.

It's not necessary to peel your carrots—a good scrub will do.

We can't think of a lot of ways *not* to eat carrots, but if you need some ideas, a few of our favorites include grated into salads or muffins; roasted with maple syrup or herbs; blended into soups and smoothies; and sliced raw as a vehicle for hummus. The tops, too, are useful for making pesto and as a substitute for parsley.

Beets: Red beets have a crimson color, sweet flavor and red-veined leaves. Golden beets have yellow skin and flesh and are especially sweet. Chioggia beets are pinkish red on the outside and have pretty white and red stripes on the inside, like a bullseye. You may see a combo of these varieties in your CSA Farm Share bags.

Just before cooking, scrub beets well and remove rootlets. If your recipe calls for raw beets, peel them with a knife or a veggie peeler, then grate or cut them according to the recipe. To easily remove the skins, you can roast them in foil or boil them, and the peels will slip off.

People tend to be in the love-them camp or the leave-them camp, and we're always encouraging our CSA shareholders to try beets in different ways because we fall on the side of love them! Borscht, beet hummus, roasted beets and steamed lemony beets are fantastic ways to consume these healthful veggies. Their hearty, savory-but-sweet nature also lends them well to chocolate desserts! Try a beet cake or beet chocolate pudding—because adding a serving of vegetables to your sweets is never a bad idea.

As the fall vegetables roll in, we're rooting for these root vegetables to be a larger part of our diets. The variety offered here makes being a local, seasonal eater more fun.

Recipes

Best Breakfast Potatoes

Adapted from The Pioneer Woman

2 lb. potatoes, cut in 1" pieces	3 T. olive oil
4 cloves garlic, minced	1/4 stick butter, melted
1 onion, roughly chopped	1/4 tsp. cayenne pepper
2 bell peppers, seeded and roughly chopped	salt & pepper

Preheat oven to 425 degrees F.

In a large bowl, toss together all ingredients. Pour onto a rimmed baking sheet or casserole dish. Bake for 20 to 25 minutes, shaking the pan twice.

Raise the heat to 500 degrees F, and bake until crisp and brown (but not burned), for about 15 to 20 minutes, tossing twice.

Sprinkle with a little more salt and pepper before serving.

Sheet Pan Pesto Chicken and Beans

Adapted from Mashup Mom

2½ lb. chicken drumsticks	1/2 lb. green beans, trimmed & halved
1/4 c. pesto (made with herbs from your share)	1 pint cherry tomatoes
2 T. olive oil	8 whole peeled garlic cloves
salt & pepper, to taste	2 c. cooked cannellini beans, rinsed and drained

Preheat oven to 400 degrees F. Line a rimmed baking pan with foil. Toss chicken with 2 tablespoons pesto, 1 tablespoon olive oil, salt and pepper. Arrange on baking pan, and bake for 20 minutes.

Toss veggies in a large bowl with remaining 2 tablespoons pesto, 1 tablespoon olive oil, salt and pepper.

Remove baking pan from the oven. Flip drumsticks, placing them at the end of the pan. Add veggies to the other half of the baking sheet.

Return pan to oven for 20 minutes or until drumsticks are cooked through and tomatoes are wrinkled and beginning to burst.

Toss roasted veggies with cannellini beans, and serve.