



October 18, 2007

## Greetings CSAers,

This is the penultimate delivery for full shares. For *half* shares picking up on *odd* weeks this is your LAST BOX. We are getting ready for winter CSA beginning Nov. 1<sup>st</sup>. Winter shares are completely SOLD OUT! Thanks to all of you for your support of our farm and our program over the past five months. We've had a good season, I hope you feel you've gotten your money's worth from us.

I'm going to be out of town next week, so this will be your last newsletter. Kelly (youth and volunteer program coordinator) and I will be in D.C., the *other* Washington, presenting at the American Horticultural Therapy Association annual meetings. We'll be talking about our vocational training program and sharing our vision of introducing inclusion to youth and the broader community by growing together. And we'll be learning from people with similar programs all over the country, including our sister farm Red Wiggler in Maryland. We'll return just in time for the Farm Formal dinner on the 27<sup>th</sup>.



## What's in Your Box

Winter Squash -- Red Kuri  
Arugula - it's quite spicy right now  
Chard, kale or collards  
Rutabaga -- the greens taste yummy as well as the root  
Carrots  
Yellow Onion  
Leeks  
Peppers  
Potatoes -- Cal White and Satina (yellow)

## Beth's Farm News: What's Growing On

With the wind and the rain blowing down more leaves, it definitely feels like FALL. We are continuing to bring in potatoes and squash and have had fun with the volunteers who've helped make it happen. Tuesday morning brought third-graders from Olympia Waldorf School to dig the rest of the Cal White potatoes -- all 250 pounds of them! That same afternoon a group from the Seeds of Change program at Evergreen gathered a truckload of winter squash, including the Red Kuri you're receiving in your box this week.

Yesterday I sowed some fava beans and rye in the fieldhouse where we grew the basil and tomatoes. We hope to offer fresh fava beans next spring. The plants are also a useful cover crop.



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Ron and I bundled up corn stalks to use for decorations at the Farm-all benefit dinner on the 27<sup>th</sup>. If you would like to purchase any corn stalk bundles for your holiday decorating, please contact us. We also have the carving pumpkins in the greenhouse waiting for you, please come and choose one!

## Recipes

*A bit about Rutabaga, from Vegetarians in Paradise, [www.veggparadise.com](http://www.veggparadise.com)*



The rutabaga is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite.

Because rutabagas store so well, up to one month in the refrigerator and up to four months in commercial storage at 32 degrees, they are available year round. Planted in May and June, they're harvested in late summer and early fall when their flavor is at its peak. Ideally, it's best to shop for fresh rutabagas at farmer's markets in early autumn.

## Preparing Rutabagas

There are at least 100 ways to enjoy rutabagas. Here are a just few suggestions to introduce this wonderful vegetable:

**RAW:** First, peel them with a vegetable peeler. Slice and enjoy as a snack. Chop, dice, or grate them and add to salads. Create a unique salad with diced rutabagas and other vegetables of your choice. Grate them and add to cole slaw. Grate and combine with carrot salad.

**COOKED:** Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Enhance the flavor of stews with chopped or quartered rutabagas. Dice them and add to soups. Stir-fry with onions.

Today's busy lifestyle often makes us seek out healthy recipes that fall into that easy-to-prepare category. Here's a rutabaga winner.

## Rutabagas In The Rough

4 large rutabagas  
1/4 t. salt  
Water  
1 T. extra-virgin olive oil  
Dash of nutmeg  
Salt and pepper to taste



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1. Peel rutabagas with a vegetable peeler, and cut into chunks. Put them into a 4-quart (4 liter) saucepan, add the salt and about 2" (5 cm) of water to cover. Cover saucepan, and bring to a boil over high heat.
2. Turn heat down to medium and cook about 12 - 15 minutes, or until fork tender. Drain, reserving cooking liquid. Using a potato masher, coarsely mash rutabagas in the saucepan, adding cooking liquid as needed for moisture.
3. Add olive oil and nutmeg. Season to taste with salt and pepper. Transfer to a serving bowl, sprinkle with a dash of nutmeg, and garnish with a sprig of fresh sage or herb of your choice. Serves 6.

Enjoy!