



December 3, 2009

Greetings CSAers,

This is a brief newsletter because we have 50 students out here today from Evergreen—it's busy! And wonderful. We'll tell you about it, and other exciting news, next week.

What's in Your Box

- Carrots
- Celeriac
- Potatoes
- Winter Squash—either Butternut or Sweetmeat
- Cilantro
- Garlic



Beth's Farm News: What's Growing On

As a very wet, cold November ends, it looks like we are entering a dry period for the first week of December. I'm looking forward to it, as we have an exciting new project with more great community volunteers. Last Wednesday, I had the pleasure of meeting some enthusiastic young men in the Youth Build program who will be building a roof extension to provide more space for us to store tools. The program gives them construction skills and ways to serve the community, and we benefit as well. Hopefully the project will begin soon.

The ever-shortening days this month provide us time to reflect on the past year and prepare for a new growing season. Growth of the chard, kale, and collards has already slowed down. However, we still have more potatoes to dig and parsnips and carrots still in the ground. The abundance of the season is more subtle but still remains!

Recipes

Winter Squash Dip

- 1 (8 ounce) package cream cheese, softened
- 3 Tablespoons honey
- 2 cups cooked winter squash
- 1 teaspoon ground cinnamon
- 1/2-1 teaspoon ground ginger
- apple, slices
- gingersnaps

Beat cream cheese and honey at medium speed with an electric mixer until smooth. Add cooked winter squash, cinnamon, and ginger, beating well. Cover and chill 8 hours. Serve with gingersnaps and apple slices.



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Orange Curry Carrots

- 1 cup freshly squeezed orange juice (about 2 medium oranges)
- 1 cup water
- 4 cups 1/4-inch-sliced carrots (about 6 medium carrots)
- 1/2 cup raisins
- 2 tablespoons ghee or butter
- 2 teaspoons curry powder
- 1/2 teaspoon turmeric seeds from 3-4 cardamom pods, freshly ground (optional)
- 2 tablespoons flour
- 1 very ripe banana, peeled, mashed
- 1/2 teaspoon salt
- freshly ground black pepper
- chopped fresh cilantro

Bring the orange juice and water to a boil in a medium pot. Add the carrots and reduce the heat to a simmer; cook, uncovered, until barely tender, about 6 minutes. Stir in the raisins and remove the pot from heat; let stand.

Melt the ghee or butter in a large skillet or pot over medium-high heat. Add the curry powder, turmeric, and cardamom seeds; cook, stirring constantly, just until fragrant, 1 to 2 minutes. Sprinkle the flour into the skillet and stir constantly until a smooth paste forms. Remove from heat.

Drain the carrots and raisins, reserving the orange liquid. Add about half of the liquid to the curry powder mixture in the skillet, return the skillet to medium heat, and stir to combine. When the sauce thickens nicely, slowly add in the rest of the liquid, and then stir in the mashed banana. Add the carrots and raisins and stir to combine. Season with salt and pepper to taste. Garnish with cilantro and serve immediately.

Roast Celeriac

- Celeriac Root
- Cooking oil—corn, canola, or peanut
- Condiments such as butter, salt, pepper, Dijon mustard, or tamari

Preheat oven to 350° F. Scrub the celeriac very well, but leave the skin on. Coat the celeriac lightly with oil. Place in a baking dish. Bake, uncovered, until tender. This should be about 1 hour, but poke with a fork after about 35 minutes. You want it tender, but not soft. When done, remove from the oven and split lengthwise. Serve hot. Decorate with your condiments of choice.

Enjoy!