



Winter Green Community Farm

Week of October 2nd

2007

This Week's Harvest

(Subject to variations)

Celeriac

Pac Choi
Napa Cabbage
Yellow Onions
Potatoes
Cauliflower
Delicata Squash
Carrots

CELERIAC?!

- ☞ Celeriac will store for up to a month in your refrigerator **unwashed** in a plastic bag. When ready to use, slice off the green stalks at the root crown. Then soak the root in warm water to loosen the earth between the roots and scrub well with a brush. Peel the skin off the roots before preparing (top and peeled portions are a tasty addition to soup stocks).
- ☞ Try celeriac raw grated into salads or in any recipe that calls for celery. Celeriac can also be boiled or steamed. Peel, slice, and boil for 5-10 minutes or boil whole for 20-30 minutes. Mash and top with butter (tastes incredible with mashed potatoes!). Celeriac can be peeled, chopped, and added to soup or stew or baked (in its skin, then peeled when cool) at 350 degrees for one hour, alone or with other vegetables in a root bake.

3 Tbsp butter
3 LG leeks,
quartered & sliced
1 LG celeriac, peeled,
roughly chopped
1 LG potato, peeled,
roughly chopped
4 C veggie or chicken
stock

1/2 C almonds, chopped
& blanched
1/4 tsp nutmeg
1/2 C cream or
half & half
1 tsp salt
fresh ground pepper

Creamy Celeriac Soup

Melt butter in a LG soup pot over Med-High heat. Add leeks: cook until soft, 5-7 min. Add celeriac, potato, stock, and almonds: bring to a boil. Reduce heat, cover, and simmer 25 min. Let the soup cool slightly and then puree in a food processor or blender. Return soup to pot: stir in the cream, salt, and pepper to taste, and heat on low until heated through.

Serves 6-8

from "Real Dirt on Vegetables" cookbook

4 C water
juice of 1 lemon
2 tart apples, peeled
cored, in 1/4" strips
1 LG celeriac, peeled
cut into matchstick
sized strips
1/2 C chopped walnuts

1 1/2 Tbsp white wine
vinegar
2 1/2 Tbsp mayonnaise
1 Tbsp heavy cream
2 tsp Dijon mustard
1/2 tsp dried tarragon
1/2 tsp fresh pepper

Celeriac and Apple Salad

Combine water & lemon juice in a LG bowl. Add apple slices & celeriac strips & let stand for 15 min. Toast walnuts in a dry skillet over High heat, stirring frequently, until they begin to darken in spots, 3-5 min. Let cool. Drain celeriac & apple mix: return to the bowl, add vinegar, and toss. Combine mayonnaise, cream, mustard, tarragon, pepper, and salt to taste in small bowl. Pour dressing over celeriac & apple mix: toss to coat. Add walnuts & toss again. Chill for at least 1 hour before serving.

Serves 4-6

from "Real Dirt on Vegetables" cookbook

Squash

3 lbs. delicata squash, halved & seeded
3 Tbsp olive oil
6 garlic cloves, unpeeled
6-8 fresh sage leaves, chopped

Polenta

2 3/4 C stock
1 1/2 C water
1-2 Tbsp salt
1 1/2 C polenta
(coarse cornmeal)

2 fresh sage leaves,
minced
3/4 C Parmesan
salt & pepper to
taste

Squash Polenta

Halve squash & scoop out seeds. Roast face up on cookie sheet w/garlic cloves in the cavity, drizzled w/olive oil & sprinkled w/chopped sage. Roast at 375 deg. 1 to 2 hrs. Flesh should be soft. Remove from oven & cool enough to handle. Scoop out flesh w/garlic (peel removed). Puree in blender or processor.

Combine stock, water & salt in LG pot & bring to boil. Slowly whisk in cornmeal, Reducing heat to just simmer. Stir often. Takes about 20 min. to thicken. Stir in chopped sage & 3 cups of squash puree. Stir in cheese & adjust seasonings.

Serves 6-8

from "One United Harvest" cookbook

News from the Field

Greetings Members!

Let the rains begin! After a fairly soggy weekend and morning, the fields were certainly on the wet side. We donned our foul weather gear and slid on our muck boots and headed out to our perspective crops. Several crew members caught the "cold" going around the farm, another was on vacation, and Jabrila has headed down to California once again, so there were very few hands for the harvest.

After a few minutes of trodding to and fro in the beds, it felt as though we had attached weights to our boots. The mud tends to cling and gather in huge chunks, and by the end of the morning, it feels as if we were harvesting with an increase in gravity. Carrying the heavily laden harvest boxes back out of the rows is similar to lifting weights, so none of us will need to go to the gym to work out tonight!

Jabrila has gone down to be with her sister, Jane, who will begin her second round of chemotherapy for her Leukemia treatment this week. All seems to be going according to plan, but your thoughts and prayers can only help, so please continue sending healing energy to her. Jabrila is hoping to return early next week.

This past weekend was the annual Fall Biodynamic Association gathering at the farm. It was a great turnout, with over 40 farmers, homesteaders, and students in attendance. Wali said there was a lot of good energy and conversation, and everyone enjoyed their time together. Let us know if you are interested in attending any of the Biodynamic gatherings in the future.

I have received a few inquires about the availability of the "Real Dirt on Vegetables" cookbooks. I have sold all of the copies that I had ordered earlier in the season, but I can make one more order before the season is over. I need to order them by the dozen to receive the discounted rate. If you were interested in ordering a cookbook, but just didn't get around to it, now is the time! They are full of awesome recipes, cute anecdotes, and lots of biodynamic information!

We also still have some of our organic, grass fed beef available. If you would like to check out the information about reserving a share, just give me a call/email at the farm.

Just one more note about items for sale! Our newly processed Strawberry Spread is available. If you are interested, I can arrange for your orders to be delivered to your drop site along with your harvest share before the end of the season.

Your boxes will be full of goodies this week, and you will certainly see the change of season in the array. This week we are featuring **Celeriac** as our vegetable of the week. Celeriac is descended from wild celery and is very popular in Europe, particularly in Germany and France, where our commonly known stalk-type celery is rarely used. Actually, celeriac was not uncommon in American cooking back in the 1800's. It was an excellent storage crop and a good choice for the home garden and root cellar. As long-term storage became less important and eye appeal mattered more to the American consumer, celeriac fell out of favor and use. Even though it is making a comeback, celeriac is still largely unknown here in the U.S.

As long as you're not put off by it's rough exterior, celeriac has a surprisingly delicious and versatile interior. Its excellent storage capability is coming back into style as many of us shift our diets to local and seasonal produce. Celeriac has an excellent crisp texture raw or cooked, and super-concentrated celery flavor, enhancing its usefulness as both a vegetable and seasoning. It is high in carbohydrates, vitamin C, phosphorus, potassium, and weighs in at 20 calories per one cup serving! If you would like to explore more recipes than included in this box note, be sure to look on our website in the online box note archive.

Annual Harvest Celebration Potluck
October 20th, 12 - 4 pm

Bring a dish to share for the potluck,
And enjoy a hayride down to the
Pumpkin Patch to choose your
Jack-O-Lantern
Hope to see you there!

Hope you all enjoy your veggies this week!
Linda and all of the Winter Green Farm farmers