

### In This Box

- Butternut squash
- Bolero carrots
- Satina potatoes
- Carmen sweet peppers
- Celery
- Rutabagas
- Swiss chard
- Red Russian kale
- Red onion

### Next Week?

- Fairy squash
- Watermelon radish
- Beets
- Potatoes
- Red cabbage
- Winterbor kale
- Sweet potatoes?
- Brussels sprouts?

### SEASON END DATE

The last CSA delivery is next Wednesday, the 30th. Please bring along a bag to transport your vegetables to so we can save the boxes for next year.

### A DAY IN THE LIFE

This time of year two things occur. We go into panic mode trying to harvest everything before the ground freezes solid and my back gets really tired and sore from spending numerous hours bent over pulling root crops out of the ground. The panic used to be a sad response to the end of fresh basil, peppers, tomatoes and flowers but now it is a more practical one. Over the past few years we have

been transitioning from summer farmer market sales to winter market and restaurant sales. But the transition period has not been an easy one. Fall crops grow well here but we do not have the infrastructure of an enclosed building or buried water lines to wash all those root crops we have been harvesting. I have been thinking about a Kickstarter fund raiser to raise funds to raise a building.

### FIELD NOTES

It was in the mid-20 F for over 8 hours on Sunday night, but the greens recovered, like they should have. The roots crops that we haven't had the time or cooler space to harvest are safely tucked under row cover, which provides a few degrees of frost protection and more importantly keeps the ground warmer for longer. But this long string of consecutive well below freezing nights and the short daylight hours will quickly cool the ground.

Besides continuing the root crop harvest, we will be harvesting the last of our potatoes this week and start-



ENDURANCE. A succession of frosty nights can spell doom for many outdoor plants including vegetables, but not cold-hardy kale.

ing to plant garlic.

### BOX NOTES

The Satina potatoes are an all purpose potato similar, but in our opinion better, than Yukon Golds. They were purchased, as they have been for the past 10 years, from our friends Brian, Brad and Tom Igl of Igl Farms in Antigo, a certified organic 60 acre potato farm in a sea of thousand acre conventional farms.

The Swiss chard recovered enough from the leaf spot and mildew caused by the dewey nights of August and September to include a small bunch in this box.

We had hoped that the carrots, which were planted right on time in July would have been larger. But the cold nights and

cloudy days of August slowed down their growth. The August weather continues to hurt our production.

Use the peeled and cubed butternut squash in stews and chili.

### MILWAUKEE COUNTY WINTER

#### FARMER'S MARKET

The winter market has moved to the Domes with new hours of 9 am to 1 pm. We plan on being there through November.

### CORRECTIONS



We failed to mention the name of the worker-share featured last week. Her name is Sharon Brud.

# Recipes

by Annie Wegner Lefort

## Grilled Winter Squash with Red Peppers

Winter Squash  
Red peppers  
Garlic, minced/pressed

Olive oil  
Salt and Pepper

Peel tough skin from squash, remove seeds and slice into 1/4" slices. Place on a large piece of foil. Seed and cut peppers into large pieces and add to foil. Sprinkle squash and peppers w/ garlic; drizzle w/ olive oil, salt and pepper and wrap tightly. Double wrap if needed so nothing leaks. Grill until tender.

*Note: You could also add thickly sliced red or yellow onions if you wish.*



**Winter Roots:** The colder weather seems to call for the more homey, earthy vegetables, and one in particular to our mind: **Rutabagas**. Rutabagas, also known as Swedes, are turnips' cousin once removed. Although they may look similar to Purple Top turnips, they are sweeter when cooked. Peeled and grated they make a great addition to slaws or salads. They can also be used in a soup, much like a carrot or boiled with potatoes and mashed. Rutabagas really are interchangeable with parsnips, carrots or even kohlrabi. (They are related to cabbage, too.)

## Simple Carrot and Potato Soup (w/ vegan options)

6 T. (3/4 stick) unsalted butter (or coconut oil)  
1 large onion, roughly chopped  
1 lb. all-purpose potatoes, cubed (I like to leave the skins on for extra nutrition, but you can peel if desired)

1 lb. carrots, peeled and cut into chunks  
3-4 c. vegetable broth  
1/2 c. milk or half and half (or coconut milk)  
Salt and pepper, to taste

In a large soup pot, melt butter. Add the onion and sweat over medium heat, until softened, but not browned. Add potatoes, carrots, and broth to cover. Bring to a boil, then reduce heat and simmer soup, covered, until vegetables have softened, about 20 min. Blend in batches (or w/ immersion blender or food processor) until smooth. Stir in milk and season to taste with salt and pepper. Enjoy hot or divide into containers and freeze for later. Serves 4 to 6.

## Baked Rutabaga "Fries"

Rutabaga  
Sea Salt

Olive Oil  
Herbs (rosemary, thyme, etc.)

Preheat oven to 400F. Peel rutabaga and cut into fry lengths. Toss w/ olive oil, salt, and herbs. Bake for 30-35 min. Toss every 10 min. or so. Remove when they're browned and delicious looking.

## More Recipes

### Swiss Chard (or other greens) Gratin

1/2 lb. potatoes, quartered	2/3 c. shredded Gruyere cheese
4 T. (1/2 stick) butter	6 T. grated Parme- san cheese
1/2 c. diced onion	5 c. Greens (Swiss Chard, kale, col- lards, etc.), shred- ded or chopped into thin strips
2 cloves gar- lic, minced	
1/2 c. all-purpose flour	
2 1/2 c. milk or cream	
1/4 t. cayenne pepper	
Pinch ground nutmeg	

Preheat oven to 400F.

In a small saucepan of boiling salted water, cook potato until tender, 10-12 min. Drain and let cook 5 min. Thinly slice and overlap in greased shallow gratin dish. In small saucepan, heat butter over medium heat. Cook onion and garlic until softened about 3 min. Stir in flour, cook for 1 min. Whisking constantly, add milk, 1/4 c. at a time. Whisk in cayenne, salt, pepper, and nutmeg. Reduce heat to low and simmer, whisking occasionally, until thickened, 5-7 min. Stir in cheeses. Pour 1/2 c. sauce over potato. Top with greens, pressing to compact. Pour remaining sauce over top. Bake until bubbly and browned, 20-25 min.

## From Recipe Archive

by Margaret Kozlowski, Pinéhold Member

### Swiss Chard Pasta

8 oz. pasta, short tube- type works well	1/4 chopped Kalamita olives
2 T. olive oil	2 T. fresh lemon juice
8 c. chopped Chard (cook stems first)	3/4 t. salt
4 cloves garlic	1/2 ground pepper
2 c. chopped tomatoes	

Cook pasta and drain. Heat oil in large skillet. Add chard and garlic; cook 2 minutes. Combine chard mixture, pasta and tomatoes, olives, lemon juice, salt, pepper and toss well. Serve warm as a main dish or as a room temperature sidedish.

## Food Bits

### Celery



Celery unfortunately is not often grown locally.

It's unfortunate because celery that can experience heavier soils and cooler temperatures than the Central Valley of California, where much of the cello celery in the stores comes from, is so much better tasting. We think you will agree. **Store:** Keep in a plastic bag in the frig or freeze chopped up. **Preparing:** Wash the ribs before using. **Use:** Of course everyone knows where celery is best used, but don't discard the leaves as they tasted great used in soups or in homemade stocks. Include it in your roasted vegetable collection, too.

## A Thousands Words



It's a tale of two worlds: one with the sun and one without. Workshare members preparing today's box got to experience one or the other depending on their shift. But all seemed to be doing just fine.

