

# In Kim's Kitchen

**Celeriac**, the large, knobby root in this week's box, is the same species as celery, but bred for the swollen root rather than the fleshy stems. A more primitive version of the species, celeriac has contributed almost all of the modern pest resistance to celery varieties. It has the same flavor compounds, but they come through more strongly; the flesh is soggy-firm, and works best in cooked dishes. We love it in soups and mashed with potatoes.

## Celeriac Puree

4 medium potatoes  
1 large celeriac  
1 tablespoon garlic, crushed  
1 bay leaf  
1/4 cup butter  
1/2 cup cream  
salt, white pepper

Peel potatoes and celeriac. Chop into 2 inch cube and place in a pot with water to barely cover. Add the garlic and bay leaf. Cook, covered, over medium heat for about 20 minutes, until vegetables are very tender. Drain the vegetables, remove bay leaf, and puree them with a food processor. Stir in the butter, and the cream. Season with pepper.

The **Purple or Orange Cauliflower** is really just a lot of fun. The color means it has more nutrients, and the plant doesn't need to be tied up to stay white; better for you, easier for us. The flavor seems to be a little nuttier than straight cauliflower, and the color actually sticks around if you don't overcook it. We especially like it steamed until just fork tender.

## Cauliflower with Olives, Capers, and Roasted Pine Nuts

1 small head of cauliflower  
15 kalamata olives, pitted  
1-2 tablespoons capers  
1 tablespoon chopped parsley  
2 tablespoons pine nuts  
Salt  
Lemon juice  
Olive oil

Break the cauliflower head into smaller parts and steam them until 'al dente.' Toast the pine nuts in a pan until golden Mix together remaining ingredients and toss with the cooked cauliflower and pine nuts. Adjust seasoning and serve.

## Roasted Winter Vegetables

We eat the following roasted root vegetable recipe at least once a week during the winter, changing the ingredients to suit what we have clean, or, as the season progresses, what we have left. The recipe works well whether you use a wide variety of vegetables or just a few.

4 lbs assorted root vegetables: turnips, celeriac, carrots, beets; winter squash, whole shallots, and onion wedges work well, too.  
3 tablespoons olive oil  
a smattering of fresh or dried herbs (such as rosemary or thyme)  
5 garlic cloves, minced  
2 tablespoons balsamic vinegar  
salt and pepper

Heat oven to 400 degrees. Scrub vegetables and cut off roots and tops. Cut into 2 inch pieces and toss with olive oil; by cutting denser, slower cooking vegetables into smaller pieces, everything comes out evenly cooked. Spread on a baking sheet or in a roasting pan and roast for 30 minutes or until fork

tender. Toss with vinegar and season with salt and pepper to taste.

**Broccoli** takes on a sweeter flavor with cool weather, but it really doesn't thrive on the sort of cold weather that hit us three weeks ago. Even though the heads were just starting on this crop at the first of October, the stems were damaged quite severely. Our samplings seem to indicate that the eating quality is still great, while the keeping quality isn't. Use this broccoli within a few days for the most satisfaction.

**Carrots**—you know what to do!

Cabbage has a reputation as coarse and common food, but it can have a refined flavor when treated well. Like its cousins broccoli and cauliflower, that really means not overcooking. Braising **Red Cabbage** is a nice treatment, and a little bit of vinegar will set the color to a bright red.

## Squash Rings

2 sugarloaf or delicata squash  
oil

Slice off the ends of two Sugarloaf or Delicata squash, scoop out the seeds, and cut into rings about 1/3-inch thick (the skins are edible on these varieties). Heat 1-1/2 tablespoons of oil in a wide skillet, add the squash, and fry over medium heat until richly colored on the bottom, about 6 minutes. Turn and cook on the second side until tender. Remove to a serving plate.

We've read that the sign of a good cook is fresh **Italian Parsley** in the refrigerator, so even if you don't think of yourself as a good cook, you've officially made it to those ranks now. Live large! The gremolata recipe below makes a great pairing with squash rings, beef, or lamb.

## Gremolata

garlic  
parsley  
lemon juice  
salt

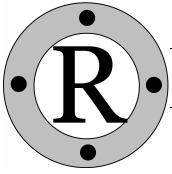
Chop together 1 plump clove of garlic with 1/4 cup parsley, then add a little lemon juice or salt to taste.

## Storage Primer

**Root Crops** prefer it cold and moist. We have stored roots from December to May in an open plastic bag in the crisper drawer of a refrigerator with only a slight diminution of quality. Lacking the space for this, and lacking a proper root cellar, a loose plastic bag on the cellar steps should make a nice spot. Other options include the construction of earthen pits and the like, but you don't have that many turnips!

**Garlic, Shallots, and Onions** would like to winter over where the humidity and temperature are both low. Ideal storage condition are around 32° with around 75% relative humidity; since relative humidity goes up as the temperature goes down, even though the amount of water in the air remains the same, this means that they will store well in the same places as your squash, just colder. Our onions store well under our bed in a mesh bag, or lacking that, an ordinary box. Do not store them in any sort of a moist cellar, as they will go bad quite quickly under those circumstances.

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# Farm Report and CSA News

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## In Season

There is no better season for eating than late fall and early winter. With the early harvests of asparagus, radishes, and heads of romaine lettuce, spring has its pleasures, but they have a fleeting nature, disappearing as quickly as they come, often consumed between one bit of busy-ness and the next. Summer's culinary delights often get lost in the gluttony of the moment—does any vegetable more embody the concept of gluttony than a watermelon? But fall's foods settle in, with staying power, for the long haul of winter.

Winter provides time to get to know the food, rather than taste it and move on. A recipe that works well can be enjoyed again and again, fine-tuned and re-tuned. Shorter days necessarily lighten the workload, or at least change its pace since we no longer rush to beat an eight o'clock dusk to mow the lawn or weed the carrots; supper arrives in a proper veil of darkness.

It begins with the first harvest of storage onions in August, when the days have already begun to shorten. In a few short weeks, a change to cool nights signals that squash is ready to harvest. First frost sends us rushing to check the Brussels sprouts, which taste lousy without a good frost (our sprout crop is running very late this year, and should be ready for the November boxes—they taste good, but aren't sized up yet). When the kale has frozen solid in early December, the cold-weather eating season has not quite reached its midpoint. And even as the earliest spring harvests begin, we still (we hope!) reach into the root cellar for the last of the storage crops harvested months before.

Spring and summer's delights are not passively awaited, they are rushed along with row covers and transplanting and raised beds and anything else we can do. We await fall's crops more passively; the short days that signal crops to slow down or stop growing, the cool nights and fall frosts that deepen and enrich the flavors cannot be rushed—we can only wait. Like a Minnesota winter, they arrive when they are ready, not necessarily when we are.

*Our best estimates  
for what's in  
your...*

### **Summer Vegetable Share**

Celeriac  
Red Beets  
Delicata Winter  
Squash  
Carrots  
Red Cabbage  
Italian Parsley  
Red Onions  
Broccoli  
Orange or Purple  
Cauliflower

### **Summer Fruit Share**

Apple Selection

As befits an end to the season, it's been darn wet here for the last two weeks, with a little bit of a respite on Saturday that allowed us to get a bit of field work done.

Kim ran a great race in hot weather at the Twin Cities Marathon two weeks ago, finishing in the top third of the overall field, and in the top quarter of women runners. Way to go, Kim!

We work hard to have greens available for these late fall boxes, but this is one more crop devastated by the ongoing wet weather that began with August's floods. Wet weather delayed plantings as days were shortening; in the spring, plantings weeks apart may mature at the same time, but in the fall, plantings days apart will mature weeks apart. The rains also rotted many of the greens that were out in the fields, and we were unable to transplant our late fall lettuces and endives.

On the upside, we do expect to have spinach to harvest in two weeks, and hopefully and ongoing supply from then forwards.