



In the Share

Celeriac, 2 heads
Rutabaga, 2 heads
Radish, 1 bunch
Brussel Sprouts, 1 bag
Carrots, 1 bag
Green OR Napa Cabbage, 1 head
Choice of herb, 1 bunch
Eggplant, 1 piece
Carmen Sweet Pepper, 1 piece
Onions, 2 bulbs
Garlic, 1 head
Winter Squash, 1 piece
Tomatoes, TBD
1 Jack O' Lantern OR 3 Gourds

Get your larders ready: fall is here. Don't be alarmed at the size of this share, a good many items will store for a month or more, long past the end of our CSA season. Celeriac, rutabaga, brussel sprouts, carrots, and cabbage all like to be stored in a cold place at high humidity (read: wrap in a plastic bag and put in the crisper drawer of your refrigerator) while onions, garlic, and both types of winter squash prefer to be on your counter top. All of the crisper items may also be brought back to life by putting in a bowl, covering with water, and refrigerating (continued on the back)

From the Farmer

Rugged Good Looks

I know that I am likely in the minority here, but I am quite excited about the appearance of celeriac in your shares this week. Many years ago, when I was first dipping my toes into the waters of vegetable farming, I was introduced to this distinctive character, and I remember being immediately smitten. Truth be told, I'm sure that some of my fondness stemmed from a simple desire to root for the underdog (after all, how interesting is it to boldly announce that your favorite vegetable is a tomato or a red pepper?). Most of my adulation, though, is genuine. I love them for their smell, for their versatility in the kitchen, for their long storage capability, for those rugged good looks,...

Also called celery root, celeriac is a variety of celery that has been bred over the centuries to produce one, big globular root just below the soil's surface (technically not really a root, but a bulbous hypocotyl). Though cultivated worldwide and a traditional favorite in many regions of Europe, these warty bulbs have managed to remain fairly unfamiliar here in the United States. We seem to be much more accepting of some of celeriac's culinary relatives: carrots, parsley, and parsnips.

I urge you all, however, to give them a chance this season. When you are ready to use them, you will first want to peel away all of the tough skin, revealing the smooth, ivory colored flesh. I find that a paring knife works better for this than a peeler. The celeriac can then be diced, sliced, or grated, or mashed, depending on your recipe. They add excellent flavor to hearty soups, stews, salads, sauces, casseroles, and I have even been known to French fry them. In our house in the wintertime, they are a candidate for almost any savory dish, and root-bakes (hypocotyl-bakes just never seem to role off the tongue as well) featuring celeriac are a staple of our diet. Low in starch, they are a great cold weather alternative to potatoes and the other roots. If, after this testimonial, you still find yourself intimidated and in need of just a bit more time to think about it, you are still in luck. If kept in plastic in the refrigerator, celeriac should remain tasty for 3 to 6 months!

The fact that celeriac is in your share at all, feels like a bit of a personal victory to me. It was way back in the first week of March that we planted the miniscule seeds into greenhouse flats, and then we watered, weeded, transplanted, composted, and just generally fussed over them for the next 200 plus days. For many years we have struggled to grow quality bulbs here at Troy, and on more than one occasion "grow gigantic celeriac" has appeared (only partly jokingly) on the goals section of my annual performance evaluation. This year's crop is far and away our best ever, and I suppose I will have to come up with another grand dream to chase.

Speaking of rugged good looks, I am guessing that a couple of you are not overjoyed at this week's reappearance of very large rutabaga. While I generally frown upon decorative uses of delicious vegetables, I will say that the size of this year's rutabagas and the thin jack-o-lantern yield has reminded me of an Irish exchange student I once crossed paths with during my first farming season. He was overjoyed on rutabaga harvest day, because there is apparently a long tradition in his homeland of carving rutabagas for Halloween. If ever there were a year that I was tempted to try it, this might be the one. I also happen to know that it is not too late to register for this year's International Rutabaga Curling Championships.

-Jake

Recipe

Did you know 1 cup of cubed rutabaga contains 4 grams of fiber and over 50% of the daily recommended intake of vitamin C? The rutabaga apple salad uses 4 things from this week's share (if you sub celeriac for celery)

Rutabaga Apple Salad -Steph Armstead

1 medium rutabaga, peeled coarsely grated
2 large apples, cored and diced
2 celery stalks, thinly sliced
2 carrots, peeled grated
optional: 1/2 cup finely shredded purple cabbage
1/2 cup raisins, sultanas, currants, or dried cranberries
1/4 cup sesame seeds, pumpkin seeds, or other nut/seed, lightly toasted
freshly cracked pepper
optional: 1 tsp fresh thyme leaves (or 1/4 tsp dry)

Dressing:

1/4 cup fresh lemon juice
1/3 cup sesame tahini
1/4 cup water
2 Tbsp maple syrup (or 10-15 drops English Toffee flavored stevia liquid + 1-2 Tbsp water)
pinch nutmeg
1/2 tsp sea salt

Lightly toast sesame seeds in a dry sauté pan over medium heat until golden and fragrant, about 3-5 minutes. Set aside and let cool. Grate rutabaga with a large-holed grater or a food processor. Toss with chopped apples and 2 Tbsp of lemon juice, to prevent browning, in a large bowl. Add grated carrot, sliced celery, and raisins/currants, and stir to mix. In a medium bowl, whisk together tahini, maple syrup, and lemon juice, then add water and continue to whisk until smooth. Add sea salt and nutmeg and whisk again. Drizzle dressing over salad, and stir to combine, then add sesame seeds. Serve at room temperature or chilled.

I love roasted garlic almost as much as brussels sprouts! So they make a 'stang' good combo. If there are any leftover Brussels sprouts after you serve this recipe, they are easy to add in salads or have as a side the next day! But you will most likely consume them all with the crostini recipe

Brussels Sprouts Crostini

4 bulbs [roasted garlic](#)
1 large baguette
4 tablespoons olive oil
1 pound brussels sprouts, sliced or shredded
1/4 teaspoon salt
1/4 teaspoon pepper
pinch of nutmeg
2 tablespoons freshly grated parmesan cheese
shaved parmesan cheese for topping

Cut and toast bread. Heat a large skillet over medium heat. Add olive oil, then toss in brussels sprouts, salt, pepper and nutmeg, tossing well to coat. Cook for 10 minutes, stirring occasionally, until warm, wilted, slightly crispy and even a little golden. Stir in grated parmesan cheese, mixing well to coat and turn off heat. Spread a bit of mashed roasted garlic onto each piece of crostini. To serve, top crostini with a spoonful of sprouts, then add a shaving of fresh parmesan cheese and cracked black pepper.

(continued from "In the Share")
for twenty-four hours. Don't shy away from a dehydrated root vegetable! It still tastes delicious! The herbs (except cilantro) are really easy to dry, just hang the bunch upside down in a dry, warm place and voila! They are ready to be added to any winter dish.

Speaking of winter dishes, Steph is our chef du jour providing both of our recipes this week. She brought in the rutabaga salad for us to try at lunch and we all agreed it was a keeper. The brussel sprout recipe is her favorite way to eat them. She's also our resident nutrition expert. She, in fact, pointed out that rutabaga is high in Vitamin C and, like all brassicas, has dithiolthiones and sulfur, which have antioxidant, antibiotic and antiviral characteristics. I am not one to pay attention to such attributes, sadly.

There is a raging controversy over how to spell brussel sprouts. Some people think they came from Brussels, although no proof exists, and are named in honor of the city. In which case it would be spelled Brussels Sprouts and always capitalized. I decided to make my word processor hyperactive, and spelled it such as I did simply to be contrarian. You can spell it however you want as long as you try them! They are a brassica and have all the attributes that grace that family as listed above. Most people are surprised when they see how they grow, each individual sprout peeps from the node between the leaf and the stalk and the stalks can be quite tall, giving the overall impression of a funny-looking tree. They should not be overcooked (mushy) OR undercooked; taste often. To tone down the flavor, boil in salted water. Chow down!
Coming next week: sweet potatoes, butternut squash, and pie pumpkins

Troy Community Farm

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