



Monday October 5  
Week Nineteen

**SUNSETCOMMUNITYFARM**

## Community CROPS 2009 Summer CSA

The season is definitely winding down--the farm is beginning to show signs of the cold weather. This morning it looked really bleak. On Saturday we had a frost that was cold enough to kill the basil, and it also did a lot of damage to the tomatoes, peppers and eggplant. And the squash. You may notice a spot on your squash that looks like a wet spot. If it has that, it got a light freezer burn. It won't affect the eating quality, but it does affect the storage. A winter squash would normally be able to store for many months, but the frost damage will shorten its shelf life to a month or two. If you plan to store it rather than use it right away, just keep an eye on it. The sweet potatoes also got some damage. The frost damage on those looks like a dark brown stain. If you notice that on any of your sweet potatoes, be sure to use those sooner than later as well. They should still be fine stored in the cupboard for several weeks. (By the way, a fridge is too cold for sweet potatoes, and they should never be stored there.)

Next week will be the last week of the CSA for the year. We will be sending out email instructions for an online survey in the next couple days. We would greatly appreciate a few minutes of your time to give us some feedback from the year. This feedback really helps us make adjustments for next year to make the CSA even better.

### About your veggies...

We're excited the **snow peas** have produced for us this fall. They didn't take off in the spring at all, so we did a fall planting. It's more risky in the fall though because if we got a hard freeze, they would be killed. The pods are young and tender enough that you can just eat them as is--you shouldn't need to string them. They're good on a salad, in sandwiches, or in stir fries.

The **carrots** are called Parisian-type carrots. They're a short, fat variety that we think is pretty cute! They're sweet enough to eat without peeling--bonus!

We hope you don't shed too many tears over this, but the **patty pan squash** are just about dead. We harvested every last squash off of them today, so savor your final one. You may think you never need to eat another, but we bet you'll miss them before too long when there's no more fresh, local produce available.

Veggie lovers received a **celeriac** today. It is sometimes also called celery root, because the root is what you eat. To prepare it, cut off the top with the leaves, and slice off all the outer roots until you're to the smooth, white inner part. It sometimes means you lose quite a bit of flesh. When exposed to the air, the roots will brown, so sprinkle it with lemon juice or vinegar if you're not cooking it immediately. Some simple preparation ideas include: add small chunks to winter stews, microwave whole for about 8 minutes to cook tender, or 10 minutes to puree soft. Or julienne it and eat it raw!

The bunch of greens is **arugula**. Raw, it is quite spicy, but if you blanch it or add it chopped to a soup, it's delicious and an easy way to add nutritional value to a dish.

Try adding the **cilantro** to a curry soup with the butternut squash and sweet potatoes.

### *This Week's Offerings*

Butternut Squash  
Acorn Squash  
Sweet Potatoes  
Arugula  
Carrots  
Patty Pan Squash  
Leeks  
Red Sweet Peppers  
Tomatoes  
Snow Peas  
Cilantro

### *Veggie Lovers Only*

Celeriac  
Eggplant  
Bulk Beets

## Recipes

### *Arugula-Pecan Sauce for Pasta*

3 Tbsp olive oil	10 cherry tomatoes, cut in half
2 Tbsp butter	1/2 cup freshly grated Parmesan cheese
1 bunch (2 cups) arugula, chopped	2 cups light cream
3 scallions, minced	Salt and freshly ground black pepper
1/4 cup pecan halves	

Heat the olive oil and butter in a large frying pan over medium heat. Add the arugula, scallions and pecans and cook, stirring, for three or four minutes. Add the tomatoes, cheese and cream. Simmer, stirring gently and often, until a little thicker than heavy cream. Season to taste. Makes enough sauce for 1 pound of pasta. Source: Recipes for Gourmet Vegetables

### *Dressing for Raw Celeriac*

1/2 C olive oil	1-2 Tbsp heavy cream (optional)
1/2 C vegetable oil	Salt and freshly ground pepper
3 Tbsp Dijon mustard	2 tsp chopped fresh tarragon or 1/2 tsp dried
2 Tbsp wine vinegar	

Combine the two oils. Put mustard in a bowl and gradually beat in the oil to make a smooth and creamy emulsion. Slowly beat in the vinegar and lighten the sauce by beating in cream, if desired. Season with salt and pepper and stir in tarragon. Coat celeriac and marinate for 2 hours. (Makes approximately 1 cup dressing.) Source: The Victory Garden Cookbook

### *Stuffed Acorn Squash*

2 Acorn squash	1/4 cup Madeira or port wine
2 Tbsp melted butter	3 medium apples
Salt	4 Tbsp butter
Cinnamon	1/4 cup brown sugar
1/4 cup raisins	1 Tbsp lemon juice

Halve squashes and scoop out the seeds and stringy interiors; trim the undersides so the halves will sit flat. Brush cut surfaces with melted butter and sprinkle with salt and cinnamon. Place in a baking pan with cut sides down. Put 1/2 cup water in pan or enough to just cover the bottom of pan. Bake squash 30 minutes in a pre-heated 350 degree oven.

While squash is baking, soak raisins in wine to plump. Chop apples into 1/2-inch cubes--either peeled or unpeeled, as you like. In a small frying pan, melt butter and add apples. Cook for 3-5 minutes until slightly wilted; stir in sugar and lemon juice. When squash has cooked for 30 minutes, turn cut sides up. Drain raisins, add to apple mixture, then fill squash cavities. Cover and bake for 20-30 minutes more or until tender. Serves 4. Source: The Victory Garden Cookbook

Next week's harvest: Sucrine squash, Spaghetti squash, Potatoes