



Veggie Times

Week 14 EverGood Farm CSA Share

www.EverGoodfarm.com

office@evergoodfarm.com

Full Shares: head lettuce, winter squash, tomatoes, onions, potato, shallot, garlic, parsnips, cauliflower, celeriac, kale, thyme, green pepper

Half Shares: head lettuce, winter squash, tomato, leeks, shallot, carrots, cabbage, green pepper

On the Farm: We have had three frosts this week, which have pretty much killed all of our sensitive crops. You will still be getting a small amount of tomatoes this week since we still have some left from before the frost, but this will be the last week. We still have a lot of veggies out in the field and you will be noticing that the boxes are starting to move into the fall crops like winter squash, parsnips



and other root crops. I think this box would make some awesome soups, so I'm including a couple of my favorites. All the greens and roots are tasting so good and sweet now and we hope you enjoy! We had a few brave folks down for the yoga class on Saturday (see picture). It was really nice to do yoga outside and have the fields to look at. We hope to offer more yoga classes next year!

Focus on Celeriac

Full shares will be getting celeriac this week and half shares most likely next week. It is a pretty strange looking vegetable (much like rutabaga), but it's quiet tasty! Celeriac is also known as celery root, and is related to common celery. It's stalks and foliage are like celery, and are edible, however may be a little "tough" so it's probably better for cooking. Celeriac is very popular in Europe, where stalk type celery is rarely used. Celeriac is an excellent storage crop, and is making a comeback in the U.S. Celery roots exterior is very tough, however once peeled it is tender and delicious. Celeriac has an excellent crisp texture raw or cooked and has a super concentrated celery flavor. Celeriac is high in carbohydrates, vitamin C, phosphorus, and potassium.

Ideas for Celeriac:

- Bake celeriac in its skin at 350F for an hour. Peel and prepare as needed
- For extra celery flavor, use instead of common celery in soups, casseroles, and stir fries. Use stalks and leaves for seasoning
- Try is raw; peel and slice into sticks and dip in your favorite dressing. Grate it raw in a green salad, or a vegetable root salad
- Use as a base in hardy winter soups, or puree for a flavorful, creamy soup base
- Boil and mash celeriac with potatoes

Cream of Celery Root soup

www.bhg.com

- 10 white peppercorns
- 1 bay leaf
- 4 sprigs fresh flat-leaf parsley
- 4 sprigs fresh thyme
- 2 Tbs unsalted butter
- 1 large leek, white and light green parts only, halved lengthwise and thinly sliced crosswise (I think a white onion would work here too)
- 1 large clove garlic, minced
- 4 cups water
- 1 large celery root trimmed, peeled, and cut into 1/2-inch cubes (5 cups)
- 2 tsp kosher salt
- 1/4 tsp freshly ground white pepper
- 1/3 cup whipping cream
- 1/4 cup creme fraiche or sour cream (I always use plain yogurt)
- 2 Tbsp. finely snipped fresh chives

Recipes Continued:

1. Four bouquet garni, place the peppercorns, bay leaf, parsley, and thyme in center of an 8-inch square of cheesecloth. Bring up edges to form a bag; tie securely with kitchen string. Set aside
2. In a large saucepan melt butter over medium heat. Add leek. Cook and stir until softened, 6-8 minutes. Add garlic. Cook 1 minute more. Add water, celery root, salt, pepper, and bouquet garni. Bring to boil and reduce heat. Simmer uncovered until celery root is fork tender, about 20 minutes. Remove from heat. Let cool 10 minutes
3. Remove and discard bouquet garni. Working in batches, puree soup with an immersion blender or food processor. Return soup to low heat. Stir in cream. Heat through. (Do not allow it to boil) Season to taste with additional salt and pepper.
4. To serve, top soup with creme fraiche, chives, and fresh pear slices if desired. Serve immediately. Makes about 8 servings.

Here is another recipe with celeriac and a lot of other veggies which I didn't have room for in the newsletter

www.bhg.com/recipe/soups/winter-white-vegetable-soup/

Parsnip Soup

I discovered this recipe last fall and it is so easy. More on parsnips next week, but they are great, roasted and stir fried too.

1 Tbs olive oil
1 Tbs butter
8 oz parsnips, peeled and diced
1 carrot, sliced
1 potato, peeled and diced
1 onion, chopped
1 bay leaf
15 oz water (I usually use broth)
15 oz milk
salt and pepper to taste
1-2 pinches ground mace (I usually use nutmeg)
dusting of paprika to garnish
Heat the oil and butter in a large saucepan, add the parsnips, carrot, potato, and onion and fry over a

gentle heat with a lid on for 10 minutes. Add the bay leaf, water, and milk. Bring to a boil, then simmer for 30 minutes. Remove the bay leaf, then blend the soup. Season with salt, pepper, and mace. Serve with a dusting of paprika on top.

Potato and Leek Flat Bread

Flour for the work surface
1 pound refrigerated pizza dough or homemade cornmeal for the pan
2 small leeks (white and green parts), cut into thin strips
2 medium potatoes (about 3/4 pound) thinly sliced
1 tsp fresh thyme
3 Tbs olive oil
salt and black pepper
1/4 cup grated gruyere (1 ounce)

Heat oven to 450F. On a lightly floured surface, roll and stretch the dough into a 1/4-inch thick rectangle or circle. Sprinkle baking sheet with the cornmeal and place the dough on top. In a large bowl, combine the leeks, potatoes, thyme, 1 1/2 Tbs of the oil, 3/4 tsp salt, and 1/2 tsp pepper. Scatter the vegetables over the dough and sprinkle with the Gruyere. Bake until the crust is golden and potatoes are tender, 20-25 minutes. Cut into pieces. Serve with a nice salad and you have a meal!

Brown Sugar and Chipotle Baked or Roasted Butternut Squash Recipe (I think any winter squash would work for this!)

1 small winter squash about 3/4 lb
1 tsp olive oil or butter
3 Tbs light brown sugar, more or less depending on how sweet you like it
1/4 tsp chipotle powder, or to taste
salt
Cut the squash in half lengthwise and scoop out the seeds. Place cut side up in a baking tray lined with foil. Brush oil or butter over the cut surfaces and inside the squash. Sprinkle with brown sugar, chipotle, and salt. Bake in the oven for about 30-40 minutes or until squash is tender and sugar is bubble. Check often to avoid burning.

NEXT WEEK'S GUESS **full:** carrots, beets, bok choy, lettuce, winter squash, onions, leeks and more

half: parsnips, garlic, celeriac, kale, and more