



Stones Throw Farm

CSA Newsletter

Season 5 - Week 19

October 22nd and 25th

www.stonethrowfarm.biz

Weekly News:

Welcome to Week Nineteen.

We have a nice fall share this week with a few new items.

Kale has arrived on the scene and is available in two different forms. We have Red Russian Kale bunches that excel as a fall cooking green. Red Russian is a delicious and tender variety that was reputedly brought to Canada by Russian traders over a century ago. The variety is believed to have been grown in Europe for hundreds of years and kale itself, which was known as borecole when cultivated by the Greeks and Romans. We've also included baby Red Russian Kale that can also be included in your cooking but is extremely delicious as a raw salad crop. Baby kale can be used in a massaged kale salad. Googling the former will bring forth a variety of recipes but quite simply you're utilizing salt, oil and lemon and gentle massaging to "cook" the greens without actually cooking them.

We also have the seasons first Kohlrabi and Celeriac. Both of these crops are fall favorites and I've spoken further about both in the "Drivel".

Have a great week!

Brian, Megan and Reed

The Farmer's Drivel:

As I was harvesting and washing the celeriac and kohlrabi this week I couldn't help but think that perhaps these fall vegetables are the oysters of the fall harvest basket. By saying such I'm recognizing that they are rather odd looking vegetables that at first glance may not appear all that palatable. Just like oysters however a little closer inspection reveals amazingly delicious eating. Both celeriac and kohlrabi provide incredible seasonal eating. They are as versatile as they are delicious and can be enjoyed raw or cooked in a multitude of fashions. Both will keep for months under appropriate storage and there really is no reason that either couldn't become important staple crops in a more seasonally sane diet.

Celeriac was direct seeded in the greenhouse in mid-March and starts its life as a seed that is about half the size of a poppy seed. Kohlrabi for fall harvest was started in the greenhouse on the 5th of July. Both require adequate fertility and ample moisture throughout their growing season. Both crops grew quite well this season. The skin on the kohlrabi has some light brown scarring that is purely superficial. Interestingly enough this is feeding damage caused by this season's onslaught of Flea Beetles. The same flea beetles that our cabbage, broccoli and brussels sprouts succumbed to. So three cheers for the persistence of kohlrabi! Anyway so the damage that you see on the skin was actually inflicted back in early and mid-August, at that time the kohlrabi "root" that we're now looking at was merely a small node at the base of a small cluster of leaves. The scarring from Flea Beetle feeding actually grows or rather stretches with the plant as it matures.

Harvesting and preparing celeriac for CSA is one of a few tasks on the farm that I'm always happy to come through with all my fingers intact. It is definitely a crop that demands a good deal of knife work. Each root is pulled from the field and topped and later in the wash area each root has its basal roots trimmed before being rinsed. Trimming the roots is best done with a large and sharp field knife and because I'm doing many hundreds of roots at a time I tend to be moving fairly quickly. The entire wash area is quickly permeated with the sweet smell of celeriac, this is I must say a nice contrast to the powerful aroma of piles of leeks.

As incredibly delicious as both of these fall crops are I feel they are extremely under appreciated and certainly under utilized. This is definitely somewhat of a cultural issue as both are an important food in many parts of Europe. I think with time these cultural lines might blur a bit as they are blended with ethnically diverse CSA members that experience the joys of kohlrabi and celeriac!

This Week's Share:

- Fresh Herb
- Garlic Bulb
- Winter Squash
- Kennebec Potatoes
- Yellow Onions
- Red Russian Kale
- Baby Kale
- Purple Kohlrabi
- Celeriac
- Leeks
- Carrots
- Fennel or Daikon or Beets
- U-Pick Herbs

Creamy Curried Celery Root Soup (adapted from a Mark Bittman recipe in the *New York Times*)

4 tablespoons (1/2 stick) butter
1 small onion, chopped
1 tablespoon minced garlic
1 tablespoon curry powder
1 to 2 teaspoons ground cumin
Salt and black pepper
1 1/2 pounds celery root, peeled and cut into 1- to 2-inch chunks
6 cups chicken or vegetable stock or water
1/2 to 1 cup cream, half-and-half, or milk, or to taste
1/4 cup chopped fresh herbs for garnish

Put the butter in a large, deep pot over medium-high heat. When it's melted, add the onion and garlic and cook until they begin to soften, 3 to 5 minutes. Add the curry powder and cumin and a sprinkle of salt and pepper and cook, stirring, for 1 minute.

Add the celery root and stir just to coat it in the spices, then add the stock and bring the mixture to a boil. Lower the heat so that the stock bubbles gently and cook, stirring occasionally, until the celery root is fully tender, 15 to 20 minutes more.

Cool the mixture slightly, pour into a blender, and purée carefully, or use an immersion blender to purée the soup in the pan. Return the soup to the pan and stir in the cream; reheat if necessary. Taste and adjust the seasoning, and serve garnished with the herbs.

