

# Fertile Ground CSA

Inspiring people to get excited about their food

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Oct 12, 2009  
Vol 2, Issue 5

## What's in the harvest basket?

- Salad Mixes
- Garlic
- Kale
- Swiss Chard
- Turnips
- Daikon Radish
- Cabbage
- Green Onions
- Carrots
- Beets & Beet Greens
- Tatsoi
- Sweet & Hot Peppers
- Potatoes
- Squash
- Onions
- Leeks
- Shallots
- Pak Choy
- Herbs: Parsley, Thyme, Sage, Cilantro

## Did you know?

Beets and swiss chard are actually the same species—one sub-species has been bred for the root, the other for the leaves.

Carrots were not originally orange—they were purple! It is the same species as wild carrot, but has been bred for increased size and sweetness. Carrots are related to dill, parsley and fennel.

Turnips and rutabagas differ primarily in their colour & length of season. Turnips are white-fleshed and short season crops; rutabagas are yellow-fleshed & full-season crops.

## Field Notes from the Farm

### On Gratitude

It's Thanksgiving Day, and I'm sitting here feeling grateful. There is nothing quite like a thanksgiving dinner chock-full of freshly-harvested vegetables from one's own field. It makes me grin like a Cheshire cat every time I prepare & serve up a dish made from something I've grown.

There's a lot to be grateful for this year. We've had a good & plentiful harvest. Despite the epic rain & unbelievably cool weather, we've had no shortage of food to pull in. I'm overwhelmed by how well things seem to grow. We work hard, but I think there's some magic in that soil because it sure isn't all due to our efforts.

I'm overwhelmed with gratitude to Fred & Jane Schneider and Tom & Mary Musselman for so graciously allowing me to use their land rent-free over the past 2 seasons. I can't put words to how much that means to me.

I'm thankful for the ample volunteers who have shown up every time we've most needed them. Seedling-planters, bean-pickers, tomato-stakers, CSA & market harvesters, carrot weeders...you know who you are!!

I'm also thankful to have had Mark working so capably alongside me all season.

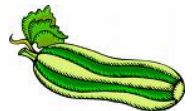
I'm deeply grateful to all of you for your support over the course of this season.

Thank you for trusting us to grow your food, for being excited by what you see at pick-ups each week, for sharing recipes, for trying new things, for volunteering your time and ideas, and for your much-appreciated affirmation.

And finally, I have to admit that I'm thankful the season is almost over. It's been a good one, but the days are rather wet & chilly to be spending so many hours outdoors. I'm looking forward to rest & travel & a winter of dreaming & planning for next season.

I hope you all had a wonderful Thanksgiving!  
-Angie

## Feature Vegetables—Roots



Root crops are what Canadian locavores live off of for 1/2 the year. Potatoes, carrots, turnips, parsnips, beets, onions and celeriac are some of the most common.

Roasting is my favourite mode of preparation—it brings out the sweetness and saves having to peel! I mix whatever I have on hand with olive oil, salt and a variety of savoury herbs (thyme, oregano, basil, rosemary, sage

etc), then toss with a splash of balsamic vinegar.

I'm also a fan of the grated carrot/beet salad. Sometimes with some cabbage, fennel &/or celeriac for variety.

### Tips for Preserving Extras:

• Keep in paper bag or vented plastic bag in the fridge. If thrown into a crisper unwrapped they will become soggy and wrin-

kled. Ugh.

• For long-term storage, place unwashed roots in damp sawdust, shredded newspaper or sand & keep in a cold, dark place with some humidity.

### Cooking Tips:

- Roast!
- Steam!
- Stir-fry!
- Boil!
- Grate raw in salads!
- Mash!



Taa & Ang posin' on Ruby.



Remember these?!?! Ang's mom with a gargantuan lettuce head.



Oct 13 fields—mostly in cover crops now.

## Contact us:

For questions or comments please contact us at:  
fertilegroundcsa@gmail.com  
Ph: 519-569-8690

## Where to find us:

Pick-Up Days:  
Tuesdays 3:30-6 pm  
21 Guelph St. Kitchener

### Your Kitchener Market

Saturdays 7 am-2 pm  
Eby St/Market Lane  
Downtown Kitchener

### The Working Centre

Online Buying Club, Wednesday pick-ups. More info at:  
www.theworkingcentre.org

# The Recipe File: Roots

## Maple-Sage Glazed Turnips

*(I don't like turnips, but I liked these)*

1 lb turnips, trimmed & peeled  
1 large carrot, peeled  
1/4 c water  
3 Tbsp. maple syrup  
1/4 tsp. salt, or more to taste  
2 Tbst. fresh sage, chopped or sliced  
1/4 tsp. pepper

### Directions:

Cut turnips in half & into 1/2" wedges.

Combine water and remaining ingredients in a large-ish skillet over med-high.

Add turnips, turning to coat; bring to boil. Cover up, reduce heat, & let simmer 15 min or until tender. Uncover & cook 7 min, until turnips are glazed.

### Whole Beet Skillet

4-6 medium beets with greens (can sub. chard or other greens)  
1-2 T butter  
1-2 T lemon juice  
1-2 t ginger root, peeled & minced  
1-2 t honey

Place beets in large saucepan, cover with water, and bring to a boil. Reduce heat & simmer until beets are tender when pricked with fork (15-30 mins).

While beets are cooking, remove stem from beet greens/chard. Chop stems in 1" pieces. Chop greens separately.

Drain cooked beets & rinse with cold water. When beets have cooled enough to handle, slip peels off. Cut in slices.

In saucepan, sauté stems in 1-2T butter until tender. Add greens & sauté until bright green & just tender. Add sliced beets & heat through.

Stir in remaining ingredients & serve immediately.

*From Simply in Season*

### Orange Curry Carrots

1 c orange juice (freshly squeezed is best)  
1 c water  
4 c carrots sliced 1/4" (~6 med. carrots)  
1/2 c raisins  
2 T ghee, butter or oil  
2 t curry powder  
1/2 t turmeric

Seeds from 3-4 cardamom pods, ground (optional)

2 T flour

1 very ripe banana, mashed  
1/2 t salt

Freshly ground black pepper  
Cilantro for garnish if available

Bring oj & water to boil in med. Pot. Add carrots & simmer, uncovered, until barely tender (~6 mins) Stir in raisins & remove pot from heat. Let stand.

Melt ghee/butter in large skillet over med-high heat. Add curry powder, turmeric & cardamom, stirring constantly until fragrant (not burnt! 1-2 mins). Sprinkle the flour into the skillet & stir until smooth paste forms. Remove from heat.

Drain carrots & raisins, reserving orange liquid. Add about 1/2 the liquid to the curry powder mix in the skillet & stir over med-high heat to combine.

When sauce begins to thicken, slowly add rest of liquid & then stir in mashed banana.

Season with salt, pepper & cilantro.

*From Farmer John's Cookbook*

# Announcements & Updates

## Last Pick-Up Next Week!!

The last CSA pick-up of the season will be  
**TUESDAY OCT 20**

*We're giving you a double share for the last week.*

Note that the shares will be notably smaller the last 2 weeks...we've had a 2nd heavy frost & are now down almost exclusively to roots & greens.

## Meat, Egg & Bread Orders

Now due WEDNESDAYS for following Tuesday pick-up. Beef, pork, chicken, eggs & maple syrup are available.

Meat orders will continue through the winter months if demand is sufficient. Bread can also be ordered through the winter months, baked by Karin & Leanne.

Let us know if you're interested in either of these services.

## Bulk Carrot & Kale Orders!

We'll be bringing in the last of the carrots for winter storage the last week of October. Let us know:

- 1) If you'd like to buy unwashed carrots &/or kale by the lb
- 2) If you'd like to help with the final harvest

We could also use hands for garlic planting. Be in touch!

**Thanks for joining Fertile Ground CSA! We hope you enjoy the season!**