

## WEEK 19

## STONELEDGE FARM

10-20-04

Dear CSA Member,

A really gloomy weather prediction turned out to be a beautiful fall day for the Farm Open House this past weekend. We had a wonderful day visiting with members as we walked around the fields. Thanks to all of you that made the trip to the farm. It is always such fun to see how the kids really enjoy the visit. An empty hay wagon that we didn't pay much attention to before the visit was one of the kids favorite places to climb.

We also have a great start on our garlic seed for 2005. Members helped by splitting the heads of garlic into individual cloves that are now ready for us to plant. The garlic will be planted during the next couple of weeks and will overwinter in the fields. Next spring time it will be one of the first green things that we see.

A new vegetable this week is the Celariac or Celery Root. I've included a recipe from a member for you to try if you are not familiar with Celariac. [Enjoy the vegetables-Deb](#)

1 bunch Red Russian Kale    1 basket Potatoes    2 heads Garlic    1 bulb Celariac    1 Acorn Winter Squash    1 bunch Carrots  
1 bunch Beets    1 head Lettuce    1 bunch Apple Mint    1 bunch Broccoli

### Celariac Salad

Celariac Bulb

1 tsp. Canola or sunflower oil

1 1/2 tsp. white vinegar

1 Tablespoon yogurt

salt and pepper

1 Tablespoon minced parsley

Wash and then boil root until tender-about 25 mm. Soak in cold water, peel and cut in 1/2 and then into thin pieces. Mix vinaigrette with celery pieces and let stand over night for best taste.

### **German-Style Pickled Beets with Anise with Dill**

from Bill Brown

Bill says these are a favorite with his young children

Marinade: 1/2 cup water .

1/4 cup cider or wine vinegar

1 small bunch beets, washed & tops trimmed to 2 inches

1 small onion, chopped

1-2 tsp. anise seed.

salt and pepper

pinch of sugar (optional)

Cook beets until just tender, perhaps 30 minutes. Slip off skins, roots & tops, then slice thin while still warm. Add onions and cover with marinade. Cool to room temperature before serving. Keeps for a week or so in fridge.

### **Herbed Beets with Horseradish Sauce**

from Tamra Stallings

2 pounds beets, peeled, and chunked

2 t fresh thyme

1 t salt

1/2 t black pepper

Toss together and bake at 400F until tender. (Note: smaller chunks cook more quickly). Allow to cool.

Meanwhile whisk together sauce:

2 T olive oil

1 T apple cider or other mild vinegar

2 T horseradish

Toss with beets with sauce after they've cooled. Serve on top of a bed of arugula, or steamed beet greens. Top with toasted walnut halves or pieces.

Optional: Add 2 T chopped chives and/or chopped prosciutto or shave serrano ham to taste. You can pickup prosciutto at Persimmon Grocery at 111 N. Walnut in Champaign or Art Mart at Lincoln Square in Urbana.

### **Pasta with Rubies**

Anna Barnes

1-2 large beets

1 lb pasta, fettucine works well

2 T olive oil

1 clove garlic, minced

1 t. dried rosemary, crushed

salt and peper to taste

Roast beets following directions in "Preparation" above. When cool enough to handle, peel, cube, and set aside.

Cook pasta and drain. In pasta pan, heat oil. Saute garlic and add rosemary, salt, and pepper. Add pasta, stir.

Toss in beets. Serves 4

### **CELERY-ROOT AND BEET SALAD**

6 medium beets (2 1/4 lb with greens), trimmed, leaving 1 inch of stems attached

1 (1 -lb) celery root (sometimes called celeriac)

2 tablespoons plus 2 teaspoons fresh lemon juice, plus additional to taste

2 tabiespoons mmced shallot

1 /4 cup olive oil

3/4 teaspoon salt

1/2 cup chopped walnuts (2 oz), toasted and cooled

Put oven rack in middle position and preheat oven to 425 °F. Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours. While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, salt, and pepper to taste in a large bowl until combined well, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets. Carefully unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut beets into 1/8-inch-thick matchsticks and toss with celery root. Let salad stand, covered, at room temperature 1 hour. Taste salad and season with more lemon juice and salt if necessary, then toss with walnuts.

### **Potatoes Roasted with Rosemary and Sea Salt**

8 ounces red-skinned new potatoes (about 3). each cut into 6 wedges

1 1/2 tablespoons extra-virgin olive oil

1/2 teaspoon coarse sea salt or other coarse salt

1/2 teaspoon ground black pepper

3 large garlic cloves, minced

1 1/2 teaspoons chopped fresh rosemary

Preheat oven to 400°F. Toss potatoes with oil, salt and pepper in medium bowl to coat. Transfer potatoes to small baking sheet; roast 20 minutes, stirring once. Add garlic and rosemary to potatoes; toss. Roast until potatoes are just tender, about 10 minutes. Transfer to plate; serve.

### **Kale with Sauteed Apples and Onions**

1 Granny Smith apple

2 tablespoons olive oil

1 medium onion, cut into 1/4-inch wedges

1/4 teaspoon curry powder

1 lb kale, tough stems and ribs removed and leaves coarsely chopped

1/2 cup water

Peel, quarter, and core apple, then cut into 1/4-inch-thick wedges. Heat oil in a 5-quart pot over moderately high heat until hot but not smoking, then saute onion, stirring occasionally, until golden. Add apple and curry powder and saute, stirring, until apple is almost tender, about 2 minutes. Add kale and water and cook, covered, stirring occasionally- until kale is tender and most of liquid is evaporated, about 5 minutes. Season with salt.

### **Kale with Garlic and Bacon**

1 slice of bacon chopped

1 garlic clove, minced

6 cups torn kale leaves, washed

1 cup water

-In a large heavy skillet cook the bacon over the moderate heat, stirring, until it is cnsp and transfer it to paper towels to drain. In the fat remaining in the skillet cook the garlic, stirring, until it is golden, add the kale and the water, and simmer the mixture, covered, for 10 minutes, or until the kale is wilted and tender. Simmer the mixture, uncovered, until most of the liquid is evaporated and stir in the bacon and salt and pepper to taste.

**WINTER SQUASH WITH BROWNED BUTTER AND ROSEMARY** Browned butter is butter cooked to a browner, nutty-tasting stage. It adds lots of flavor to the steamed squash.

1 2-pound butternut squash,peeled, halved lengthwise, seeded, cut crosswise into 1/4-inch-thick slices or other winter squash

1/4 cup (1/2 stick) butter 1 teaspoon minced fresh rosemary

Steam squash until almost tender whea pierced with fork, about 5 minutes. Cool squash slightly. Melt butter in large nonstick skillet over medium heat. Continue to cook until butter is golden brown and aromatic, about 2 minutes. Add squash and rosemary and toss until squash is tender, heated through and coated with browned butter, about 3 minutes. Season generously with salt and pepper.