



# From Far Afield

A newsletter of the Tolstoy Farms CSA - September 23 & 26, 2015

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**T**HIS IS YOUR NEXT TO LAST CSA BOX OF THE 2015 SEASON. We will continue selling at the Spokane Farmers' Market until the end of October and 2015 CSA members will continue to get a CSA discount on stand purchases during that time. Please be sure when shopping at the stand to remind whoever is ringing you up that you are a CSA member.

Those who are signed up for **Winter Shares** will pick them

up the week following your last CSA pickup, so October 7 for Wednesday Winter shares and October 10 for Saturday Winter Shares.

You have a bunch of Chioggia **beets** this week. You have had Chioggia beets before... they are the ones with the concentric rings inside. Your **potatoes** this week are Purple Majesty, and you have had those before, too. They are deep purple through and through. Joe loves purple majesty in potato curry.

Your **Winter squash** this week is Carnival. Carnival is a cross of two other squash varieties, acorn and sweet dumpling. We grow acorn squash still and we used to grow sweet dumpling. Sweet dumpling had a good flavor, but was very late and made low yields. The breeder of carnival did not like this any more than we did, and sought to breed a squash with the sweetness and colorations of sweet dumpling and the size, , and productivity of acorn. For us it is earlier and more productive than acorn, and I prefer its flavor to sweet dumpling, so I give this plant breeder an A+. As you can see, it is a remarkably beautiful squash and makes very nice autumnal décor until you are ready to eat it. If you are not ready to eat it any time in the near future fear not, because it keeps very well. Diane and I keep ours in a box under our kitchen counter, and they last until May.

You have parsnips this week. Parsnips are a sweet, fragrant root, which though sweet enough for breakfast, are most often served as a vegetable side dish. Parsnips are very good steamed, boiled, baked, roasted or sautéed. They are great with just butter or olive oil and salt and pepper, or they can be stewed with other winter vegetables, added to mashed potatoes, or made into soup. Parsnips are very good in combination with carrots. Parsnips have a rather dominant flavor, so should be used with this in mind. If the core of the parsnip is woody, remove it, otherwise there is no need. Cut the parsnip into equal-sized pieces to get it to cook evenly, and, if desired, either peel or boil then slip off the skins. Onions, apples and other root vegetables are all good partners for parsnips, and good flavorings include sweeteners, ginger, curry, parsley, thyme, tarragon, and chives. Parsnips are native to Eurasia and have been cultivated since ancient times. Full shares this week have one large and one small parsnip, whereas half shares have one medium-sized parsnip. Parsnips have been cultivated since the classical age. In ancient Rome they were so esteemed Emperor Tiberius accepted them as tribute payment from Germany. Parsnips were the main source of sugar in Europe prior to the introduction of sugar cane and beet, and were the main starch food in the American colonies prior to the introduction of the potato in the mid-1800's.

Your garlic this week is Shatili, which originally hails

## *In Your Box*

- 2 pound Purple Majesty potato
- 2 parsnips
- 1 Chinese (Napa) cabbage
- 1 Carnival squash
- 2 turnips
- 2 pounds tomatoes
- 1 small bunch broccoli
- 1 bunch radish
- 2 leeks
- 1 bunch carrots
- 1 bunch Chioggia beets
- 2 yellow keeper onion
- 1 head garlic
- 1 lettuce
- 1 bunch kale
- 1 bunch dill
- 1 sweet pepper
- 1 Chcheck Black pepper
- 1 poblano pepper

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from the highland Georgian village of the same name, which sits along the border with Chechnya. It has a rich spicy flavor and excellent keeping ability. It also happens to be Joe's favorite garlic variety.

Enjoy your produce.

### Parsnip, Potato, and Turnip Puree

- 6 tablespoons butter, divided
- 3 tablespoons olive oil
- 1 1/4 cups finely chopped onion
- 1 1/2 pounds parsnips, peeled, cut into 1/2- to 3/4-inch cubes
- 1 1/2 pounds russet potatoes, peeled, cut into 1/2- to 3/4-inch cubes
- 1 pound turnips, peeled, cut into 1/2- to 3/4-inch cubes
- 2 garlic cloves, chopped
- 2 cups vegetable broth
- 2 tablespoons (1 ounce) cream cheese
- 4 tablespoons chopped fresh dill, divided
- 1/2 cup panko (Japanese breadcrumbs), or substitute regular breadcrumbs

\*Ingredient info: Panko can be found in the Asian foods section of many supermarkets.

Melt 3 tablespoons butter with oil in large pot over medium heat. Add onion; sauté until soft, about 5 minutes. Add parsnips, potatoes, and turnips; stir 4 minutes. Add garlic; stir 1 minute. Add broth; bring to boil. Cover; reduce heat to medium-low. Simmer until vegetables are

tender, about 15 minutes.

Using slotted spoon, transfer vegetables to large bowl. Pour cooking broth into small bowl; reserve. Add cream cheese to vegetables. Using electric mixer, beat vegetables to smooth puree. Add 2 tablespoons butter-oil mixture from top of broth to vegetables. Stir in 2 tablespoons dill. Season with salt and pepper.

Butter 11 x 7 x 2-inch glass baking dish. Transfer puree to prepared dish. *DO AHEAD: Can be made 1 day ahead. Cover and chill.*

Melt 3 tablespoons butter in small skillet over medium heat. Add panko and stir until golden brown, about 2 minutes. *DO AHEAD: Can be made 1 day ahead. Cool and store airtight at room temperature.*

Position rack in top third of oven; preheat to 350°F. Sprinkle panko mixture over vegetable puree. Bake until top is brown, about 15 minutes (25 minutes if chilled). Sprinkle with 2 tablespoons dill.

### Carnival Hummus

- 1 1/2 cups Roasted Carnival Squash (half of a 2.5 pounds squash)
- 1 1/2 teaspoon Olive Oil (for squash)
- 1 teaspoon Olive Oil (for dip)
- 1 1/2 cups cooked Chickpeas
- 2 tablespoons Tahini
- 2 Garlic cloves, minced
- 1 Lemon, juiced
- 2 tablespoons Water
- 1/2 teaspoon Smoked Paprika
- 1/4 teaspoon Cumin
- Ground Pepper

Preheat oven to 425°F. Cut squash in half then scoop out seeds. Rub the one and a half teaspoon of olive oil on the inside of the squash. Place olive oil side down on a baking sheet and roast in oven for 30 minutes. Remove from oven and let cool. Once cooled, scoop out 1 1/2 cups worth. Add squash, 1 tablespoon olive oil, chickpeas, tahini, garlic, lemon juice and water to a food processor and blend until smooth. Add spices to the mixture and blend. Serve with pita bread or chips.