

# Last one! Box Note 20, 10/19/16



## Meat Shares: YOUR MEAT COMING TODAY

MEAT ORDERS: if you ordered meat online, it will be in the big cooler with your name on the wrapper. Please don't forget it!



## Bringing boxes, bags, and jars back.

You can still do this. And we love getting them back! We will pick up on

Winter box delivery dates.

## Registering for the 2017 season

We are aiming to open this on December 1 instead of early January. We have been asked a few times every year to do this to make some practical "gift giving" possible for customers; the idea being that you could buy a box membership for a family for Christmas for example. Again, we will keep all our current customers up to date and give you a heads up when you can register.

## What is in the box?

For all size boxes

Beets  
Brussels sprouts  
Carrots  
Garlic  
Kale  
Lettuce heads  
Onions  
Pac choi bunches  
Rutabaga  
Peppers  
Potatoes  
Squash  
Sweet potatoes

**For family and single** add a Romanesco

**For some boxes** -depending on what we can fit

Cabbage  
Celery  
Eggplant  
parsnips  
Turnips



**Pumpkins...**hmmmm. We have them and are trying to figure out how they fit in the van! Somehow, I hope. They will be in a heap at your site with an instruction notice if we can figure out the logistics!

## Last week of the summer season!

What a spectacular last harvest day to wake up to. It is bright, dazzling and wow, is it green still. Mother Nature dealt us a generous hand this year with plenty of rain and sun so that the gardeners work paid off with such satisfaction! Thank you for opening your hearts and fridges to us for, without customers, where would we be?! Thanks for the feedback, the emails, the understanding when the slaughter house went out of business, someone else took your box, or we forgot your jam! We really do feel, gardeners, bakers, pickle makers, customers, that we are all on the same team and that makes us so happy!



# Thankyou!

## Winter Shares

Delivery Dates are Nov 2, 16, 30 and December 14



Delivery works the same as the summer in that boxes are delivered to the sites and picked up from there. Site times will be emailed when we get the route finalized. New members will get a separate email with all the instructions.



## Online store

ANY member, regardless of whether you get a winter box or not, can order bread, cookies, etc from the store for those winter delivery dates. We will also put some crafts in the store too. This year, a new bonus from a great season, we will have some vegetables in the store too. We will remind you each week it is an order week..

Romanesco



Italia pepper



bell peppers



Brussels Sprouts



beets



**Romanesco?** The best combination of cauliflower and broccoli. High in vitamin C, A, and K as well as folate, dietary fiber (though slightly less than broccoli), iron, manganese, carotene, protein, zinc, and omega-3 fatty acids. And what does this really mean? Anti cancer and anti inflammatory, great for fighting off winter bugs and easy to digest!

Store and cook it like a cauliflower.

Mama was a turnip and Papa was a cabbage? Then you, my happy, plump, purple root, are a **rutabaga**. Known as a Swede in Britain and Britain effected countries, it is also known in the world as a baigie, or, confusingly, a kairot, or even more confusingly as a turnip. Agh, what were people thinking? The best name ever is from the north of England where they call it a snagger. Love it. So, treat your "snagger" like all your other roots: keep it cool, dark and in the back of your fridge. Peel it before cooking. Here is a traditional Swedish recipe for rutabaga. Give Rotmos a shot and impress your Granma!

**Parsnips**

Peel, cube, or dice into circles. Steam like carrots, or roast in a medley of root vegetables with peeled beets, potatoes, sweet potatoes, rutabaga. You can chop all these roots, mix them in a big bowl with 3 T olive oil and 3 minced garlic cloves and tip into a cookie tray covered in foil and bake at 375 for an hour

**Potato salad** -Let's pretend this golden day is summer yet!  
8 medium potatoes cut into little cubes and then cooked

- 1 cup mayo
  - ½ cup plain yoghurt
  - 2 tablespoons apple cider vinegar
  - 2 tablespoons honey
  - 1 tablespoon yellow mustard
  - 1 teaspoon salt
  - 1 teaspoon garlic powder
  - Pepper to taste
  - 2 stems of celery, washed and cut very small
  - ½ cup of onion cut very small
  - ½ cup red Italia pepper cut very small
- Drain the potato cubes and let cool in a bowl  
Add all the other ingredients and stir really well.  
Add to the potatoes and fold in gently.  
Chill and serve.

<http://www.scandinaviafood.com/rotmos-recipe.php>

**Rotmos** Serves four:

- 2 pounds Rutabaga,
- 2 Carrots
- 8 Potatoes
- 2 cups Water
- 1 veg Stock Cube, preferably vegetable stock
- 1 T Butter
- Salt & Pepper to taste

1. Peel both turnip and carrots and dice them roughly. Add to a boiling pot with water and stock, cook the vegetables for about 15 minutes.
2. Peel the potatoes and dice them aswell, put in the boiling pot and let them cook for another 15 minutes. Reserve 5 dl or 2.1 cups of the cooking water.
3. Mash the vegetables with masher or electric whisk, add butter and cooking water until texture is good. Season with salt and pepper. Serve with fried salty pork or sausage.



celery

kale



pac choy



parsnips



sweet potatoes



garlic



rutabaga