

23  
WEEK

DEAR CSA MEMBER,

warm weather has made for an enjoyable November harvest. The rains have been relentless though, and even with our best effort to clean them, some of the vegetables carry more soil than we would like to your homes from ours. I encourage you to pick up a brochure for 2007 and return it to the site to reserve your membership share for next season. There has been an amazing awakening of the benefit of regional agricultural products to our health, environment and economy and CSA is growing stronger every year. We are ever thankful to be part of the sustainable agriculture community as each CSA member is also an equal partner. Yet another concept from the Terra Madre gathering: “co-producer”, formerly known as consumer. Enjoy the vegetables-Pete and Deb

Our CSA season is quickly coming to an end. Next week will be the last delivery. The exceptionally

**Carrots**  
**Red Russian Kale**  
**Celeriac**  
**Delicata Winter**  
**Squash**

**Collards**  
**Onions**  
**Potatoes**  
**Green Cabbage**  
**Rutabagas**

**Garlic**  
**Parsley**

**OPTIONAL**  
**FRUIT SHARE:**  
**To be announced**

**Rutabagas** / / /

The name comes from the Old Nordic for “baggy root.” Rutabagas are related to winter turnips and differ only in their deeper color and slightly sweeter taste. Rutabagas and winter turnips can be used interchangeably in most recipes. Rutabagas store exceptionally well; they hold up for months in cold storage. Keep unwashed roots in a plastic bag in the refrigerator for a month or longer. To prepare for cooking, scrub well to remove any lingering dirt. Take a thin slice off the top and bottom. If you want to peel the rutabaga, use a small knife or a sturdy vegetable peeler.

**Rutabagas “play” well with these flavor partners:**

(Courtesy of The Real Dirt on Vegetables)

- Allspice, basil, bay leaf, borage, caraway, cinnamon, cumin, dill, garlic, mustard, oregano, parsley, pepper, rosemary, savory, tarragon, thyme
- Blue cheese, butter, cream, cream cheese, Gruyere cheese, Parmesan cheese
- Lemon juice, olive oil
- Beets, broccoli, carrots, celeriac, celery, cooking greens, leeks, parsnips, potatoes, roasted garlic, scallions, turnips, watercress
- Honey, raisins

**Rutabaga and Pear Puree** / / / Serves 2 to 4

- 1 small rutabaga, peeled, cubed
- 1 large rip pear, peeled, cored and cut into chunks
- 1/4 c. sour cream or plain yogurt
- 1 T. butter
- pinch nutmeg
- salt and freshly ground black pepper

Place rutabaga in steamed basket set over 1 1/2 inches boiling water, cover and steam until almost tender, about 15 minutes. Add the pear; continue to steam until rutabaga is tender, 5 to 10 minutes. Drain well. Puree rutabaga mixture in a

blender or food processor until smooth. Add the sour cream, butter, nutmeg, salt and pepper to taste; process until just combined. Reheat in saucepan over medium-low heat until heated through. Serve.

**Mashed Rutabagas and Potatoes** / / / / / Serves 4

The carrot gives this puree some color and a nice hint of sweetness. If you don’t want to use the milk called for in this recipe, you can substitute 1/4 cup of the cooking water from the rutabaga and potato pot. You can easily double or triple this recipe to serve a crowd

- a few pinches salt
- 1/2 large rutabaga (about 1 pound) peeled, cut into 1/2-inch chunks
- 1/2 lb. potatoes, any kind, peeled, cut into 1/2-inch chunks
- 1 medium carrots, chopped
- 1/4 c. milk
- 3 T. unsalted butter
- 3/4 tsp. salt
- 1/4 tsp. freshly grated nutmeg
- freshly ground black pepper

Bring a large pot of water to a boil. Add a few pinches of salt and then drop in the rutabaga; cook for 10 minutes. Add the potato and carrot; cook until all vegetables are tender, about 15 to 20 minutes more. Drain. Heat the milk in a small saucepan, but do not let boil. Mash the rutabaga and potato with the butter until smooth, adding a little of the warm milk at a time until the mixture reaches the consistency you like. Stir in nutmeg, salt and pepper to taste. Serve hot.

**Savory-Sweet Rutabaga Pudding** / / Serves 6 to 8

This pudding is somewhere between a fluffy ricotta dessert and mashed potatoes. It pairs very well with lamb.

- 1 large rutabaga (about 2 pounds), peeled and cut into 2-inch dice
- 1 1/2 tsp. salt, divided
- butter for greasing baking dish

2 eggs, plus 1 egg yolk, beaten  
1/4 c. heavy cream  
1/4 c. dried bread crumbs  
1 T. maple syrup  
pinch freshly grated nutmeg  
1/3 c. raisins, plumped in hot water for 15 minutes and drained (optional)  
freshly ground black pepper  
2 T. butter

Bring a large pot of water to boil. Add the rutabaga and 1 teaspoon salt, partially cover, and cook until the rutabaga is very soft, 30 to 45 minutes. (You will reserve 1/2 cup of cooking water.) Preheat the oven to 350 degrees F. Coat a 2-quart baking dish with butter. Beat the eggs and the egg yolk in a medium bowl. Stir in the cream, bread crumbs, maple syrup and nutmeg. Drain the rutabaga, reserving 1/2 cup of the cooking water. Mash the rutabaga thoroughly with a potato masher or run through a food mill. If the mixture seems dry, add a little of the reserve cooking water as you mash. Add the egg mixture, raisins, remaining 1/2 teaspoon salt and a few grinds of pepper. Stir to combine. Transfer rutabaga pudding to the prepared baking dish. Smooth the top and dot with butter. Bake 30 to 40 minutes or until pudding pulls away from sides of dish. Serve.

**Carrot Bread** // Makes 1 loaf

1 1/2 c. sugar  
1 1/4 c. corn oil  
4 medium eggs  
2 1/2 c. flour  
2 tsp. cinnamon  
2 tsp. baking powder  
1 1/2 tsp. baking soda  
1/4 tsp. salt  
2 c. carrots, shredded finely

Preheat oven to 350 degrees F. Cream the corn oil and sugar. Add each of the four eggs one at a time, beating thoroughly after each is added. Blend in the flour, cinnamon, baking powder, baking soda and salt. Fold in the shredded carrot. Bake in a greased loaf pan for about 90 minutes.

**Roasted Cabbage Wedges** // // // Serves 4 to 6

1 small to medium head of cabbage, cored and cut into 6-8 wedges  
2 T. unsalted butter, melted  
3 T. olive oil  
Salt and pepper  
2 T. chopped fresh flat leaf parsley leaves  
bunch turnips  
olive oil  
salt and pepper

Preheat oven to 400 degrees. Place wedges on baking sheet with sides. Drizzle with butter. Oil and sprinkle with salt and pepper. Toss to coat. Pour 1/2 cup water around the cabbage and roast for 30 to 35 minutes, until cabbage is tender and slight crisp and golden brown around edges. Season with salt and pepper, sprinkle with parsley and serve.

**Mildly Cardamom Cabbage** // // Serves 3 to 4

The sweet taste of cabbage comes through with these mild Indian seasonings, and they leave the mouth feeling very fresh. Serve with any roasted bird or fish.

1/2 medium green cabbage, quartered, cored and cut across into 1/2-inch-wide strips (6 cups)  
2 tablespoons unsalted butter, melted

1 teaspoon kosher salt  
1/4 cup dry white wine  
3 tablespoons heavy cream  
Seeds from 4 cardamom pods

Place a rack in the upper level of oven and preheat to 500 degrees F. Put cabbage and butter in a 12 X 14-inch roasting pan. Toss until cabbage is lightly coated. Roast for 15 minutes. Use a spatula to toss and turn the cabbage pieces. They will still be very moist, especially in the center of the pan. Be sure to scoop up the center pieces and redistribute around the pan for even cooking. Roast 15 minutes more. About half of the pieces will be nicely browned. Combine wine, cream and cardamom in a small bowl. Place roasting pan with cabbage over medium heat. Pour in wine mixture. Stirring with a wooden spoon, deglaze the pan, turning it from time to time to dissolve all the brown glaze in the bottom. Cook for 5 more minutes and serve hot.

**Rice with Kale and Tomatoes** // // // Serves 4

A hearty dish from Gourmet Magazine.  
1/2 cup long-grain unconverted rice  
1 small garlic clove, minced  
1 tablespoon olive oil  
a 14-ounce can plum tomatoes, drained, seeded, and chopped  
2 cups finely chopped rinsed kale leaves

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste. Serve.

**CSA NEWS, VIEWS & Q'S**  
• **Employment Opportunity at Greenmarkets**

**The Council on the Environment of New York City is currently looking to fill the position of Greenmarket Program Director. This position is responsible for the development, promotion and administration of the Greenmarket program. The application deadline is November 30th. For a full job description and more information on how to apply go to <http://www.cenyc.org>.**

• **Keep in mind for the future:** This announcement came to the CSA newsletter editor's attention too late to be current, but if such a course is offered once, it will surely be offered again. And maybe all your interested calls will convince them of it!

**The Manhattan Compost Project is offering a hands-on family worm workshop at the Inwood Hill Nature Center on Saturday, November 11, 2pm. Participants will learn how to set up and maintain a worm-bin in an apartment and will be able to purchase a worm-condo for the subsidized prize of \$10 to turn kitchen scraps into usable compost matter! The workshop is free. RSVP by calling 212.477.3155 or send an e-mail to [info@lesecologycenter](mailto:info@lesecologycenter).**