

Four Friends' CSA News

The Bean Pole

October 13, 2009

2009 Season

Issue No. 58

Dear Shareholders and Friends,

This week's harvest list includes; Cooking greens, celeriac, potatoes, green beans, bon-bon squash, and carrots.

The Simulia delivery will be at the same time and same place even though we are having the pot luck at the farm. After you get your veggies, all are welcome to come by the farm, 35 Pippin Orchard Road, Cranston, RI.

Mashed Celeriac

1 celeriac root

1 pound to a pound and a half of potatoes

About $\frac{1}{4}$ cup of 1% milk, (or whipping cream)

2 tablespoons of extra virgin olive oil, (or butter)

Peel away the tough outer skin from the celeriac root. Cut the peeled celeriac up into $\frac{1}{2}$ inch cubes. Peel the potatoes and cut the peeled potatoes up into $\frac{1}{2}$ inch cubes. Heat a large saucepan of salted water, (salt optional), to a boil and boil the celeriac for about 15 minutes. Add the potatoes and boil them till the potatoes and the celeriac are both very tender. It will probably take about 15 or 20 more minutes. Pour celeriac and potatoes into a colander to drain them. Place them back in the same saucepan and stir at medium heat till all water in the pan evaporates, (maybe one minute longer). Pour in the milk and the olive oil and mash the mixture till it is nearly smooth. Salt and pepper to taste. (Culinary herbs are good if you are avoiding salt. My favorite combination as a salt substitute is sautéed onions and garlic, nice flavor.)

FARM NEWS

- ❖ Harvest, harvest, harvest...
- ❖ Clean, Clean, Clean...
- ❖ All seven farmers who rent the land from Southside Community Land Trust met on Sunday for their monthly meeting. Some items discussed were cleanup of the greenhouses, removing the irrigation pipe from the pond and winterizing the pump, cleaning the growth from the deer fencing, and next year's budget

VEGGIE OF THE WEEK: CELERIAC

Copied from: <http://recipes.wikia.com/wiki/Celeriac>

Celeriac (*Apium graveolens* Rapaceum Group) (also known as 'turnip-rooted celery' or 'knob celery'), is a specially selected Cultivar Group of [celery](#), grown as a root vegetable for its large and well-developed taproot rather than for its stem and leaves. The root is used when it is about 10-12 cm diameter, or the size of a large [potato](#). Celeriac may be used raw or fresh. It is best to peel celeriac before use, since the outer skin is tough and stringy. It has the celery flavor, so it is often used as a flavoring in soups and stews; it can also be mashed or used in casseroles and baked dishes. The hollow stalk of the upper plant can be cut into drinking straw lengths, rinsed out, and used for tomato drinks such as the Bloody Mary. The tomato juice moving through the stalk is lightly permeated with the celery flavor. It is not as popular as it might be, especially in the western hemisphere, very possibly owing to its garish appearance before cleaning: it has been described as "a vegetable octopus", owing

to the tangle of unsightly rootlets that grow at the base.

Celeriac has good keeping properties, and should last 3 to 4 months if stored between 0° and 5 °C and not allowed to dry out.

It can be one of the greatest dieting tools, because it makes a very good mash and has very low carbohydrate quantities.

Part of the celery family, the celery root or celeriac, is routinely used in French cooking and is seen throughout Europe. It is solely grown for its root use and appeared in the United States beginning in the 19th century. This root is bypassed by many because of its unusual appearance of crevices and rootlets. When cooked well, this root evokes celery and parsley flavors.

Availability, Selection, Storage, and Preparation

Celery roots are available year-round with a peak during November through April. Select roots that are the least knobby or ones that have the smoothest skin (for easier peeling). Medium roots tend to be smoother and harder and these roots can be sold with or without the celery tops. If you do buy the roots with the tops, trim the stalks and save them for soups and stews. The roots should be wrapped in plastic, stored in the refrigerator, and used within a week. Celery roots must be scrubbed, trimmed at the top and bottom, quartered, and then peeled before eating. Be sure to discard any spongy

parts. Avoid overcooking celery root as it will go quickly from firm to mushy.

ENJOY YOUR VEGGIES and/or EGGS!!