



# From Far Afield

A newsletter of the Tolstoy Farms CSA - September 30 & October 3, 2015

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**T**HIS IS YOUR LAST BOX OF THE 2014 CSA SEASON. Unless you have a **Winter Share**, in which case you will be getting lots of boxes of produce next week. And bags. So be sure to come on your regular pick-up day to get your Winter Share produce, that is: October 7 for Wednesday Winter Share folks, and October 10 for Saturday Winter Share folks. Please be prepared to

pick up 200 pounds of produce. If you need to make some other arrangement do so right away.

For all of our CSA members, your stand purchase discount is still in effect through the end of October, which is when the Spokane Farmers' Market season ends. Remind us you are a CSA when making a purchase to get 15% off purchases. Remember, this discount does not apply to bulk items which have already been discounted or special order items.

You have a garlic braid this week. As has become tradition, Laura (one of the farmers here at Tolstoy) has made **garlic braids**. These braids have two types of garlic, Wild Plum (a.k.a. Inchelium Red) and Tochliavri. Tochliavri is a hot and spicy garlic that originated in the village of Tochliavri in the Republic of Georgia. Wild Plum is a rich flavored garlic, though not as hot as Tochliavri. Both garlic varieties have excellent storage capacity. The braids are somewhat fragile, so handle with a bit of care. The mesh webbing we got this year was narrower than in past years, so rather than pulling the mesh bag off, Laura suggests cutting it off with scissors. Hang this braid on your kitchen wall for a beautiful autumnal and winter decoration, and when you need a head of garlic simply snip one off with a pair of scissors.

You have a couple of **winter squash** this week. One is buttercup, which you had a couple of weeks ago. The other is Delicata. Delicata is an heirloom squash with incredibly sweet flavor, a thin edible peel, and very good storage abilities. This is one I definitely like to bake and eat straight out of the shell. As with other types of winter squash, delicata will keep for

several weeks or months, so do not stress if you cannot use it straight away.

You have several hot peppers again this week, and maybe you cannot use them all right away. If this is the case you can chop them and store them in the freezer in small jars or ziplock bags for later use. Or you can chop and put in vinegar for a spicy vinegar. Or you can roast them and put them in jars of oil and store in the fridge for later use (use within one month); the oil gets hot and flavored as well. If roasting, make small slits with a knife, put on a foil lined baking sheet, and put pan in the broiler or on the floor of your oven. I have forgotten the slit with a knife part before and had roasting peppers suddenly explode in my oven.

On behalf of all of us here at Tolstoy I would like to thank all of you for your choice to support our farm. It is a true pleasure to be able to grow food for you and your families. The people I have gotten to know through my years at the farmers' market is a wealth beyond compare. And it is you, our CSA members, who are the backbone which has kept our farm viable and running through the years. So thank you, and I hope we will continue to be able to feed you in the future.

Enjoy your produce.

## *In Your Box*

- 1 garlic braid
- 2 pound Carola potato
- 2 parsnips
- 1 Chinese (Napa) cabbage
- 1 Delicata squash
- 1 buttercup squash
- 2 turnips
- 2 pounds tomatoes
- 1 bunch arugula
- 1 bunch radish
- 2 leeks
- 1 bunch carrots
- 1 bunch red & beets
- 1 yellow keeper onion
- 1 red onion
- 1 bunch chard
- 1 lettuce
- 1 bunch parsley
- 1 Serrano pepper
- 1 jalapeno pepper
- 1 concho jalapeno
- 1 Czech Black pepper
- 1 poblano pepper

## Parsnip Potato Mash

- 1 pound Idaho potatoes, peeled and cut into 1-inch pieces
- 1 pound parsnips, peeled and cut into 1-inch pieces
- 1 cup whole milk
- 1 clove garlic
- 2 tablespoons unsalted butter
- 1/2 cup sour cream
- salt to taste

1. Place potatoes and parsnips and garlic clove in a

large stockpot, then cover with water by 2 inches, salt generously and bring to a boil. Reduce heat slightly and cook until fork-tender — about 20 minutes.

2. Heat the milk and butter in a small saucepan over low heat until just steaming.
3. Drain the potatoes and parsnips and return to pot. Add milk and butter mixture.
4. Add sour cream and mash with a potato masher until desired consistency, making sure to mash the garlic in well.
5. Add salt to taste, then stir with a fork to fluff and serve.

## Salmon & Roasted Vegetable Salad

- 6 cups cubed (1/2-inch) peeled root vegetables, such as potatoes, turnips, carrots and beets
- 3 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt, divided
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 tablespoon minced garlic
- 1 teaspoon whole-grain mustard
- 1 teaspoon minced anchovy fillet or paste
- 8 cups mixed salad greens
- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained and flaked
- 2 scallions, sliced

1. Preheat oven to 450°F.
2. Toss root vegetables in a large bowl with 1 tablespoon oil, 1/2 teaspoon pepper and 1/4 teaspoon salt. Spread in a single layer on a large rimmed baking sheet. Roast for 15 minutes. Stir and continue roasting until soft and golden brown in spots, 13 to 15 minutes more.
3. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, garlic, mustard, anchovy and the remaining 1/4 teaspoon each pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in small bowl. Add the salad greens to the large bowl and toss to combine; divide among 4 dinner plates.
4. When the vegetables are done, transfer them to the large bowl and gently combine with the reserved dressing, salmon and scallions. Top the greens with the salmon and vegetables.

## Roasted Red Onions and Delicata Squash

- 1 tablespoon unsalted butter, melted
- 1 tablespoon chopped fresh thyme
- 1 tablespoon honey
- 2 teaspoons olive oil
- 3 garlic cloves, sliced
- 2 (12-ounce) delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices
- 1 (1-pound) red onion, cut into 12 wedges
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- Cooking spray
- 3 tablespoons chopped fresh flat-leaf parsley

1. Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).

2. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 475° for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.