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Box #17
Odd Week
18 October 2017

Contents
Parsley
Carrots: Bunched or Loose
Cauliflower: Mixed Colors
Garlic
Lettuce: Mixed Types
Onions: Yellow
Peppers: Carmen
Spinach

Choice Box: eggplant, etc.

Right now, we've got carrots scheduled to be in every box, so are not loading you up with several pounds this week. It's been quite awhile since you got carrots, and we've got a nice, late crop. When carrots are this fresh, the skins are thin and sweet, so there's no need to peel them, just scrub the small amount of dirt off with a brush.
Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has fewer ingredients and relies on the main vegetable for most of its flavor, so, that main vegetable better taste pretty good—as do our carrots.

Potage Crécy or Carrot soup
In a 4-quart pot over medium-low heat, put:
3 Tbsp. butter
1 cup onion, chopped -more, if you like
½ tsp. freshly ground pepper
Sauté the onions slowly until they are tender and translucent.
Add: 6 cups chicken stock
1 lb. carrots, scrubbed and chopped (about 4 cups)
Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)
Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.
Taste for salt and pepper and adjust these as needed.
If you want a more elegant soup, add ½ cup of heavy cream to the puree, heat to steaming and serve.
You can use this same recipe as a guide, replacing the carrots with broccoli, cauliflower, parsnips, beets, celeriac, etc. As long as the main vegetable tastes great, so will your soup.
If you haven't tried roasting cauliflower, you are in for a treat. Use the roasted beet recipe in newsletter #2 as a guide.
Garlic is another item we're spreading out in smaller amounts as you'll get it in all of these last boxes. It keeps for months if you store it at room temperature (or a little cooler) and out of the sun.
The Italian Carmen peppers produced very well this year. They tend to get a little soft at the tip first, but the rest of the pepper is all good, so you may find a few from this category in your boxes. Cut the soft end off and enjoy the rest.
Chuck and I are pleased to be able to give you spinach again this season. We've found this variety to be mild in flavor even when the leaves are big.

Field Notes
Our last rainy period was Saturday into Sunday morning. All in all we got 1.5". Luckily, we shouldn't see anymore rain until next Sunday, so the ground will have a chance to dry out. It's hard to dig carrots in muddy soil.
The predicted possible frost Monday morning turned out to be highly overrated: the actual temperature here only went down to 42 degrees. Chuck and I covered the peppers, tomatillos and green beans just in case—in our business, you cannot be too careful. There are no frosts predicted for the next 10 days—toes and fingers crossed. It's possible we may not have a frost at all in October, which would be very unusual.
But it's great weather for keeping our late broccoli, beets, cauliflower, cabbage, kohlrabi and kale growing.

Several people have asked about the Winter Storage box. Yes, we'll be offering a Winter Storage box this year. The delivery date will be Monday, Nov. 20th. We usually put together a large box consisting of mostly vegetables that store well: beets, carrots, potatoes, onions, garlic, kale, Brussels sprouts, cabbage, winter squash, etc. Amounts range from 3-5 lbs., depending on the vegetable. We will have a few items you can order extras of like garlic, cabbage, Brussels sprouts and winter squash. Chuck and I have not made any final decisions yet so don't take this list as written in stone—we may have to delete one or two, add a few others—it all depends on what we feel we'll have come November. Stay tuned.
And enjoy the rest of the week,
Terry & Chuck