

Good morning, CSA members.

Welcome to Week 4 for your Fall CSA share. It's feeling warm outside today, but the shares seem really full of FALL! You'll be getting **sweet potatoes** and **winter squash**. If you don't think you'll use them right away, take them anyway! They are grown for storing into the winter.

We also have a treat for you this week - **fresh ginger or fresh turmeric**. This is outside of it's typical growing region. We started it way back in March in our greenhouse and don't harvest it until the fall. It's not mature, so it doesn't have a tough skin - just chop or grate and add to your meals. You can also freeze it and grate it later.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville). Brianne will be there to help you out.

If you cannot come between 2 and 7 today, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Sincerely,
Stacey and Brianne

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Below you'll find a description of what you'll find in this week's CSA share.

IN THE BAG
Potomac Vegetable Farms
Week 4: October 14, 2014

Assorted Herbs
Spinach or Baby Kale
Radishes or Turnips
Bok Choi or Choi Sum or Kailan or Tat Soi
Celeriac or Celery
Winter Squash
Sweet Potatoes
Ginger or Turmeric
Garlic

Scroll down for an alphabetical list of this week's vegetables with descriptions and a few suggested recipes.

Sweet potatoes, winter squash and garlic can go on the counter and not in the fridge. Everything else should be stored in the fridge.

- **Bok choy** (or bok choy) is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.
- Chinese Broccoli, or **Choi Sum** is a Chinese cabbage. The entire plant can be eaten, including the tender stalks and flowers. The flavor is reminiscent of a sweet, juicy broccoli. These are just delicious. All they need is a light stir fry or steam, and maybe a dash of vinegar to finish them. It's an excellent source of vitamins A and C, calcium, potassium, and dietary fiber.
- **Kai-lan** is a nutritious leafy green common in Cantonese cuisine. Its leaves make a delicious complement in any salad, and it can be served in any meal that might otherwise include broccoli. Common preparations include kai-lan stir-fried with ginger and garlic, and boiled or steamed and served with oyster sauce. Read [more](#).
- **Tat soi** is another Brassica—this time an Asian cooking green. It tastes like a milder mustard green, but its texture is similar to bok choy. It can be eaten raw in salads, in soup, sautéed, boiled or steamed. Tat soi is high in vitamins and minerals, including folate.
- **Celeriac** is a large, knobby white bulb with skinny celery stalks attached to the top. It's also known as celery root and is a type of celery grown as a root vegetable for its large bulb instead of its leaves. It has a starchy consistency (but is not a starch) with a celery/parsley flavor. The hairy outer layer should be peeled. Inside you will find creamy, ivory flesh. It is wonderful raw, shredded together with other roots (especially carrots), roasted, mashed, pureed, and made into soups.
- **Sweet Potatoes** are large, starchy, sweet tasting, tuberous root vegetables that are actually only distantly related to the potato family. They are in the Convolvulaceae family, whose other member, the morning glory, we fight in the fields as a very successful weed. They are high in complex carbohydrates, vitamins A, C and B6, manganese, dietary fiber, and potassium. They're also high in antioxidants. Sweet potatoes can be baked, roasted, pureed, and used in soups. Personally, I like them cubed, tossed with olive oil and chili powder, and roasted in the oven until just starting to crisp. Sweet and spicy—Yum!

A few suggested recipes:

[Winter Pasta](#)

[BAKED SWEET POTATOES WITH CHILI BEANS](#)

[Moroccan-Spiced Spaghetti Squash](#)

[Shaved Root Vegetable Salad](#)

[Maple-Bacon Roasted Apples & Celeriac](#)

[Stir-Fried Kai Lan Recipe](#)