



What's in your Winter CSA share:

Leeks—Store in plastic bag in fridge for up to 2-3 weeks.

Potatoes—Store in plastic bag in fridge for up to 2-4 weeks.

Rutabaga—Store in fridge for up to 3 months.

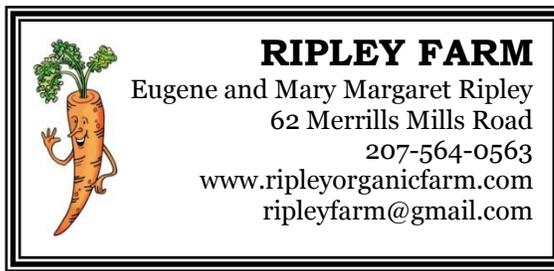
Carrots—Store in plastic bag in fridge for up to 3 months.

Beets—Store in plastic bag in fridge for up to 3 months.

Delicata Squash—Store at cool room temperature (50-60) for up to 2-3 weeks. Check weekly for signs of decay.

Winter Borscht

- 1 lb. boneless beef, cut into 1 inch pieces
- 3-4 tbs cooking oil
- 1 large or 2 medium leeks, trimmed, washed, sliced
- 2 garlic cloves
- 1 cinnamon stick
- ¼ tsp allspice
- 1 16oz can tomatoes
- ¾ lb. beets, peeled and julienned or shredded
- 7-8 cups broth or water
- 1 bay leaf
- Salt and pepper to taste
- 3 carrots, peeled and chopped
- ¾ lb. potatoes and/or rutabagas, peeled and chopped
- Splash of vinegar



March 6, 2013

Dear Members,

Today is the second to last Winter CSA share. We know that spring isn't far around the corner when we have to start cooling our stored vegetables again, rather than running a heater to keep them warm. The last few days have marked that turning point for us and we're running our cooler for the first time since December. Of course, the atrocious state of our driveway and dirt road are also unmistakable signs that spring is coming. Hopefully you all make it in and out without too much trouble!

You'll find overwintered leeks in the share today. We've had these mulched in the ground inside our hoophouse all winter, protected from deep freezes. There are several recipes on our website for leeks. The basic preparation of leeks is to trim off the root end and then slice the leek in half lengthwise and rinse out any soil that's lodged in between the layers of the leek.

Leeks are a wonderful winter vegetable, making a great addition to chicken soup, beef stew or other hearty soups, stews, and casseroles. They can generally be substituted for onions in a recipe. When first stir-fried until soft, they can be added to a frittata or omelet.

There is rutabaga in your boxes this week. We gave it once back in January, but as a reminder, prepare it by washing and peeling first. It's another vegetable that's great in all kinds of winter dishes. Try it roasted, either alone or with other veggies. Our friends make tasty 'rutabaga fries' by cutting it into wedges, drizzling oil on top and roasting until tender. We love rutabaga in soups and stews, or mashed with potatoes, butter and seasonings. Another way we like to prepare rutabaga is to grate it and sauté it in plenty of cooking oil over medium-low heat until it's quite tender. Then we either serve it as a side with butter and seasonings, or we put a tomato-based meat sauce over it sort of like pasta. Rutabaga is a very dependable vegetable that stores in great condition right through into the summer.

There are also beets in the share this week. You'll find recipes on our website for beets, as well as one below for borscht, which we've been eating the past few days and really enjoying.

Have a good couple weeks! See you for the last winter share on March 20th!

Heat oil in saucepot until hot. Brown beef in batches and transfer to bowl. Add additional oil and sauté leeks over medium heat for about 10 min, stirring. Add garlic, cinnamon, and allspice and stir for 30 seconds. Then add tomatoes with their juices, breaking up tomatoes with your spoon. Return beef to pot. Add beets, water/broth, bay leaf and salt and pepper. Heat to boil then cover and simmer until beef is mostly tender (1-3 hours). Stir in carrots and potatoes/rutabaga and return to boil. Reduce heat and simmer again until all is tender (1/2-1 hour). Stir in vinegar at the end and check seasonings. Add optional sour cream. Serves 4-6.