CSA NEWSLETTER

FALL WEEK 3

11/17/2026

Salad mix

Potatoes

Leeks

Spinach

Rutabaga



Buttercup squash

Onion

Celery

Thyme

Carrots

This week your CSA box contains a mystery! It is held within an old underdog of the vegetable world, the Rutabaga! The mystery lays in her name. The variety is known as “Joan”. From all my sleuthing I’ve been able to trace her back to an unknown plant breeder in Wales several decades ago, but that is where the trail runs cold. As someone who creates and names varieties after loved ones, I cannot help but wonder who this obscure root was named after. I like to imagine an old Welshman in a thick sweater who worked for years to refine this smooth beauty in his windswept garden overlooking the sea. Once it finally reached perfection, he named it after the love of his life, who had a particular fondness for this savory staple of old-world traditional cuisine. All romantic speculation aside, there is a lot of fascinating history to share.

Originally believed to have originated in Europe in the 17th century from a deliberate cross between Turnips and Cabbage, combining the best of both Brassicas. Later genetic studies have proven that it dates back thousands of years ago to a cross of two species that no longer exist. If that is true, we may have a Bronze Aged farmer to thank tonight at diner.

The name (which is almost as fun to say in a thick accent of your choice as it is to cook) comes from the Swedish dialect work “Rottebagge” meaning “Root Lump”. Not too poetic but to the point. I prefer to cook my root lumps by peeling, cubing and roasting. Or, boiling and including in a mash with potatoes. However you enjoy it, I hope that you raise a toast to Joan… whoever she is! Bon appetite!

Crosbie

Creamy Cashew Buttercup Soup adapted from NYT Cooking and Nisha Vora

- 3 tablespoons olive oil or unsalted butter
- 1 large onion (or leek), peeled and finely chopped
- ¼ cup of cashew butter (or almond butter)(you can also use 1 cup cashews)
- 2 clove garlic, finely chopped
- 1 large buttercup squash (about 2 pounds), unpeeled and cut into ½-inch dice
- 5 cups vegetable or chicken stock, plus additional (optional)
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground cumin, curry powder, turmeric, paprika or cayenne optional
- Kosher salt and freshly ground black pepper to taste
- 1 can coconut milk
- 1 orange

1. In a large pot set over medium-high heat, warm the olive oil. Add the onions and cook, stirring, until they begin to soften, about 5 minutes. Stir in the garlic and cook for 30 seconds. Add the squash, broth, ginger, cumin, curry powder, turmeric, and stir to combine. Stir in the cashew butter. Season to taste with salt and pepper, and bring the soup to a simmer. Reduce the heat to low, cover the pot, and cook until the squash is easily pierced with a knife, about 20 to 25 minutes. Let it cool for 10 minutes before blending.
2. Starting on slow speed and increasing to high, purée the soup in small batches in a blender until smooth. You can also use an immersion blender.
3. If using a blender, return the soup to the pot, add the coconut milk and orange zest, and cook over low heat until slightly thickened, for about 15 minutes. Serve with a squeeze of orange juice.

Note: I usually make this in the Instant Pot, sauté veggies and then add liquids and pressure cook for 10 min. You can also swap the squash for carrots, or mix them.

