CSA NEWSLETTER

FALL WEEK 2
11/10/2026

Salad mix
White Kale
Carrots
Italian Parsley



Scallions
Celeriac
Potatoes
Yellow Onion

This week in the box is a special item. It may seem like another bunch of delicious kale, but I hope that its story will add insight to each bite you take. “White Russian Kale” Brassica napus was invented right here in Philomath. In 1985 a local farmer and plant breeder named Frank Morton let two distinct varieties of kale flower next to each other. One was a familiar Red Russian Kale, the other was a green Siberian Kale. After saving the seed from the commingling, Frank explored all the diversity within the progeny. For 9 seasons Frank used the tremendous power of selection to refine this variety until he released it in 1994 through his seed company Wild Garden Seed. Because Frank continued his selections right here in the fields GTF for many years, White Russian has a special spot in our hearts and tummies.
Over the years White Russian began to be noticed for its resilience and for its tremendous flavor. In a trial of many different kales by famous plant breeder John Navazio, it was notably the only kale that survived the harsh Montana Winter. The head chef JC at the wonderful Dizzy Hen restaurant just down the road from GTF, refers to White Russian as “The best tasting of all of the kales!”

As part of a resurgence at GTF of seed production, we continue to select and save Organic White Russian Seed under the guidance of Frank Morton. It is then sold to seed companies who distribute it through the country eventually making its way to markets, gardens and plates across all 50 states.

By being a member of our CSA you are also supporting the work we do with seeds, and for that we thank you! I hope this story adds to your enjoyment and discussion as you gather together for your nourishing meals. Bon Appetite! Crosbie

RECIPE IDEAS

Chicken, celeriac and root vegetable soup

- Celeriac adds the flavor and aromatic qualities of celery and the creaminess of potatoes. Besides boosting flavor, it also adds fiber and nutrients.

Potato and celeriac mash

- Mixing the two makes mashed potatoes lighter and easier to digest, since celeriac has a lower glycemic index and can help people with digestive issues like SIBO.

Celeriac Remoulade

- Jamie Oliver has a recipe that uses raw, grated celeriac with apples in a slaw-like dressing.

Kale and Sausage soup

- This week there are many items that would be great in a soup! Make a Tuscan-style soup with kale, cubed potatoes and celeriac, onion, sausage, and top with parsley.

Keep it simple: sauté or roast it with other root vegetables.



We'd love to see what you're cooking with your CSA box!
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