

# CSA NEWSLETTER



**Week 17 - October 3rd, 2023**

Celeriac! Delicatas! Curly kale!!! I hope you are as excited as I am about this box.

If you are not familiar with celeriac, or celery root, get ready for a slightly crunchier potato with celery like-fresh flavor. This root vegetable is related to celery but was bred for its edible "root", which is actually not a root if we want to get technical, it is a bulbous hypocotyl. Now you are probably wondering what that means; a bulbous hypocotyl is the part of the stem between the roots and the plant's first leaves (the cotyledons).

You can use celeriac in soups, mash it, or roast it. It pairs very well with chicken. Also, if you would rather wait until the weather turns grey again to make a stew with your celeriac, please do! If stored in cool conditions your celeriac could last up to 8 months!



Have fun in the sun!  
Rosie

## Table of box contents:

Celeriac  
2 Delicata  
Green Cabbage  
Green Curly Kale  
Roma Tomatoes  
Lettuce  
Potatoes  
Shallot  
Onions



Celeriac specimen, if you like Harry potter, then you'll notice that they look like mandrakes, but they don't scream

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## DELICATA SQUASH

Cut it into your favorite share, drizzle with oil, sprinkle your favorite spices, and roast in the oven at 400.

Also, our friend Laura Bennett says: Delicata is very easily sautéed in the frying pan, not to mention how much faster it is to cook than baking it. Simply cut in half lengthwise, scoop out the seeds, and then slice into half or quarter moons about 1cm thick. Add into a hot pan with oil, lid the first couple minutes to get the squash up to temp, then remove lid and stir frequently keeping heat on medium-high to high. Add in a sliced sweet pepper and minced garlic to cook slightly during the last few minutes. Turn off the heat, add salt & pepper, and serve.



Squash scramble and kale in the sun! Beautiful fall bounty.


## CELERIAC AND MUSHROOM SCRAMBLE

- Celeriac, chopped into small cubes
- A handful of mushrooms (maitake, shitake, etc.), ripped or sliced into small pieces
- ½ sweet onion, sliced
- 3-5 cloves garlic
- 4-5 eggs, beaten with salt & pepper
- Your regular cooking oil
- salt and pepper

### DIRECTIONS

1. On cutting celeriac—I don't bother peeling the skin on the mid-area of the root, just slice off the top and shave off the hairy gnarls on the bottom with my knife. Next, turn the root flat-side down and make about 1cm slices. Take those wonky discs and slice them into 1cm spears, and then into little 1cm cubes.
2. Heat up some oil in your pan and then put your cubed celeriac in so that it starts sizzling.
3. While that's sizzling, chop up your shallots and add them in, giving the pan a shake to toss it all in oil. Mince up your garlic.
4. Go ahead and add in your mushrooms and garlic at this time and toss the pan again, keeping the temperature hot so that water cooks off and your pan doesn't mush out. Toss around until everything has a good little char to it but is soft and cooked inside.
5. Turn the pan off, salt everything (don't salt while cooking, it'll turn everything to mush), and toss around to distribute, then pour in your raw egg, scrambling everything together with the remaining heat in the pan. Eggs want to be cooked slow and low so that they stay nice and creamy rather than dried out.
6. Grate some cheese and sprinkle over top to melt. Serve with fresh tomato slices and/or fresh herbs to cut through the savory goodness. Enjoy!

Adapted from The Vegucator, Laura Bennett

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