



What's in the box today?

- Apples, Cortland from Barthel's Fruit Farm in Mequon, Wisconsin
- Celeriac
- Garlic
- Kale
- Leeks
- Lettuce
- Onions, Yellow
- Peppers, Assorted Sweet
- Potatoes, Red from Springdale farm n Plymouth, Wisconsin
- Thyme
- Winter Squash, Delicata

Harvesting and cleaning celeriac.

The signs of fall are becoming more noticeable then ever as we move along into October. The cloud formations, the wind carrying the smell of dying vegetation, cool evenings, and shorter daylight hours are all signals to prepare ourselves for the winter that lies ahead. Working outside as much as we do and experiencing the forces of nature in our face year round, it's makes it somewhat easier for us to embrace a change of seasons. Still I won't deny there's always a mixed feeling of emotions that come to surface at this time of the year. We love those warm and long sunny days of summer, but there's always a little bittersweet sensation to see those days come to an end. There's one thing we recommend doing at this time of the year to prepare for the change of seasons. Just Eat!

So for immediate eating pleasure and in our preparedness for winter let's take our remaining weekly harvests from the farm and cook something up that will make us all feel better about the approaching big chill.

This time of the year soups make their way back to our table. We have lot of soup ingredients in our boxes this week and still more to come later on. *Celeriac* is in your delivery today and when you're talking soups, nothing is more fitting than using this vegetable as a base to almost any soup recipe. Just look at the nutritional facts on celeriac. Like all root crops they contain the highest levels of nutrients compared to any other part of the plant. Soups in history are as old as

Celeriac (raw)		
Nutritional value per 100 g (3.5 oz)		
Energy	176 kJ (42 kcal)	
Carbohydrates	9.2 g	
Sugars	1.6 g	
Dietary fiber	1.8 g	
Fat	0.3 g	
Protein	1.5 g	
Vitamins		
Thiamine (B ₁)	0.05 mg	(4%)
Riboflavin (B ₂)	0.06 mg	(5%)
Niacin (B ₃)	0.7 mg	(5%)
Pantothenic acid (B ₅)	0.352 mg	(7%)
Vitamin B ₆	0.165 mg	(13%)
Vitamin C	8 mg	(10%)
Vitamin K	41 µg	(39%)
Minerals		
Calcium	43 mg	(4%)
Iron	0.7 mg	(5%)
Magnesium	20 mg	(6%)
Manganese	0.158 mg	(8%)
Phosphorus	115 mg	(16%)
Potassium	300 mg	(6%)
Sodium	100 mg	(7%)
Zinc	0.33 mg	(3%)
Other constituents		
Water	88 g	

cooking itself. When people first made soup they just threw in whatever was available and what was affordable. So looking what's in the box this week there should be a hearty kettle of soup on everyone's kitchen stovetop. Whether you just throw in whatever you can find, or if you use one of the following recipes we're sure you'll find it delicious. So—Soup it up and have a great week!

Shop our webstore for extra produce if you want more of your seasonal favorites. Here's what's available online this week:

- Basil
- Celeriac
- Leeks
- Yellow onions

If you want to place an order for any of these items click here: [Shop our webstore](#)

Your orders will be delivered to your pick up location next week.

Sweet Italian Sausage Soup with Kale and Cheesy Parmesan Croutons

1 1/4 pounds sweet turkey Italian sausage, casing removed

1 small **onion**, diced small

1 red or green **bell pepper**, diced

4 **garlic** cloves

2 tsp. dried **thyme** or oregano

2 tsp. dried basil

1/4 teaspoon cayenne pepper

1 tsp. salt

1 tsp. black pepper

2 Tbsp. tomato paste

1 can (14.5 oz) diced tomatoes (not drained)

6 cups low sodium chicken or vegetable broth

3 cups chopped **kale**

Cheesy Garlic Toast:

1 small baguette, sliced into 12 slices

2 Tbsp. butter

1 tsp. garlic salt

1/4 cup shredded parmesan

In a large sauce pot, add Italian sausage and sauté until no longer pink. Add onions, peppers and garlic. Cook until softened. Drain off any fat, if needed. Add seasonings, tomato paste, diced tomatoes with juice, broth and kale.

Bring to a boil, and then reduce to a simmer. Let simmer for 15 - 20 minutes to meld flavors.

Meanwhile, lay baguettes onto a baking sheet. Spread with butter. Sprinkle with garlic salt, then sprinkle with parmesan. Place under broiler under golden brown, about 5 minutes. Keep an eye on them, as they go fast. When ready to serve, ladle soup into 6 bowls then top with cheesy garlic toast.

Our annual "Harvest Festival" weekend event is approaching. On Saturday October 14th come out to the farm to celebrate this year's harvest. The fun begins at 3:00 pm with pumpkin carving, followed by



a potluck dinner at 5:00 pm. Please bring a main dish, dessert, or snack to pass. It would be helpful if you could bring some tools for the pumpkin carving such as spoons, knives, and containers to take home pumpkin seeds. Afterwards with weather permitting we'll gather around the bonfire for conversation, and entertainment by anyone attending who feels like performing. Anyone is welcome to bring a tent and sleeping bag to camp out for the evening. Friends of family members are welcome to attend. Sorry, no pets are allowed at farm events.



Hope to see you there!

Steve & Debra Jo

Cream of Celeriac Soup

- 2 Tbsp. unsalted butter
- 1 lb celeriac, peeled and cut into 1/2-inch dice (about 2 medium)
- 1/2 lb onions
- 5 cups chicken stock or broth
- 1 lb potatoes, peeled and cut into 1/2-inch dice
- Salt and pepper (to taste)
- 1/2 cup plain low-fat yogurt, or heavy cream
- 1 Tbsp. minced fresh parsley

Melt butter over medium-high heat in saucepan. When foam subsides, add celeriac and onions; sauté 5 minutes, stirring occasionally. Add chicken stock, potatoes and salt and pepper, as desired; bring liquid to boil. Reduce heat to medium; cook mixture, covered, until vegetables are soft, about 25 minutes.

In batches, puree mixture in food processor until smooth. Return puree to saucepan; bring to simmer. Reduce heat to medium low and add yogurt, stirring to combine well. Cook until soup is just heated through; do not let soup boil. Adjust seasonings. Serves soup in heated bowls, sprinkling each serving with parsley.

Old Fashioned Onion Rings

- 1 **large onion**, cut into 1/4 inch slices
- 1 1/4 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1 egg
- 1 cup milk, or as needed
- 3/4 cup dry bread crumbs
- seasoned salt to taste
- 1 quart oil for frying, or as needed

Heat the oil in a deep-fryer to 365 degrees F (185 degrees C). Separate the onion slices into rings, and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated; set aside. Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, then place on a wire rack to drain until the batter stops dripping. The wire rack may be placed over a sheet of aluminum foil for easier clean up. Spread the bread crumbs out on a plate or shallow dish. Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs. The coating should cling very well. Repeat with remaining rings. Deep fry the rings a few at a time for 2 to 3 minutes, or until golden brown. Remove to paper towels to drain. Season with seasoning salt, and serve.

Celery Root Carrot and Kale soup

1 medium **celery root**, peeled and diced

4 carrots, peeled and diced

2 **garlic** cloves, chopped

2 cups **kale**, roughly chopped

1 **leek**, thinly sliced

2 bay leaves

6 cups vegetable stock

sea salt & fresh ground pepper

1/4 cup tubed pasta

2 Tbsp. chopped flat leaf parsley

4 slices baguette, cut on the bias

2 tsp. unsalted butter

garlic clove, cut in half

Parmesan cheese, grated

Heat oil in a stockpot over medium-high heat and add the celery root, carrots and garlic. Cook until golden, about 10 minutes. Stir in the leek, and kale and cook for another minute. Pour in the stock and add the bay leaves and season well. Bring to a boil and reduce heat and simmer for 15 minutes, or until the vegetables have softened. Boil salted water and add in the pasta and cook according to the directions, roughly 8 minutes. Meanwhile, heat the oven to 425F degrees. Butter the baguette slices and place in the oven until golden brown, roughly 5 minutes. Discard the bay leaves and and stir in the pasta and parsley. Ladle the soup into a bowl and top with a baguette slice and some grated Parmesan.

Potato -Leek Soup

3 fist sized **potatoes**

3 cups cleaned, chopped **leeks**

1 stalk celery, chopped

1 large carrot, chopped

4 Tbsp. butter

freshly ground pepper

3/4 tsp. salt

1/2 cup stock or water

3 cups milk

optional: snippets of fresh herbs

(**thyme**, marjoram, basil)

Scrub the potatoes, and cut them into 1-inch chunks. Place them in a saucepan with the leeks, celery, carrots, and butter. Add salt. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes).

Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer. Cook until the potatoes are soft (20-30 minutes). Check the moisture level occasionally. You may need to add a little extra stock or water, if it gets to low. When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a blender, or a food processor fitted with the steel blade). Make sure the mixture is utterly smooth. Return it to the saucepan. Add optional herbs (or not). Grind in some black pepper. Taste it to see if it wants more salt. Heat the soup gently, covered, until just hot. Try not to let it boil. Serve right away.

Roasted Delicata Squash, Kale, and Leeks with Farro

¾ cup faro (this grain can be substituted with pearly barley)

1 **delicata squash**, sliced (approx. ½-inch thick) and seeded

1 bunch **curly kale**, de-ribbed and sliced into approx 1-inch wide strips

2 large or 4 small **leeks**, washed well, sliced lengthwise and then crosswise into ½-inch slices

3 cloves **garlic**, minced

1 teaspoon dried rosemary

¼-½ teaspoon red pepper flakes (use the smaller amount if you like things on the mild side, the larger if you like extra heat)

4 tablespoons extra virgin olive oil, divided

2 teaspoons sherry vinegar

¼ cup marcona almonds

Salt



Preheat oven to 425°F. Fill a medium saucepan about ⅔ full with water and bring to a boil.

In a large mixing bowl, add 3 tablespoons of olive oil, the garlic, rosemary, red pepper flakes and generous pinch of salt. Add the delicata squash slices and toss to coat. Lay out in a single layer on one side of a half sheet pan leaving the excess oil and seasonings in the mixing bowl. Add the kale to the mixing bowl along with a pinch of salt and toss to coat. Lay the kale out on the other side of the sheet pan—it doesn't have to be a single layer, but it should be evenly spread out.

In a small mixing bowl, add the leeks, the remaining tablespoon of olive oil and pinch of salt and toss to coat. Spread in a single layer on a quarter sheet pan or other small pan.

Roast until the vegetables are deeply caramelized in spots and tender. The kale takes about 10-12 minutes. If you have smaller leeks they'll be ready around 15 minutes, if you have large leeks (most supermarket leeks fall into this category) they take 20-25 minutes. The squash should take about 20-25 minutes. As each vegetable is ready, remove it from the oven and place in a large bowl.

Meanwhile, cook the farro in the boiling water until tender, about 20-24 minutes. Drain in a fine mesh strainer and add to the bowl with the vegetables. Add the sherry vinegar. Toss everything together to coat. Sprinkle with marcona almonds. Serve warm or at room temperature.