

GALLATIN VALLEY BOTANICAL

FRESH PRODUCE · BOZEMAN, MT

Certified Organic Veggies for the week of November 6, 2012

Baby Bok Choi or Tat Soi
Green Cabbage
Beets
Celery Root
Thyme

Purple Viking Potatoes
Yellow Onion
Georgia Fire Garlic
Sugar Dumpling Winter Squash

The countdown is on! If we can harvest a bed and a half of carrots, a bed and a half of Sunchokes, turnips, and radishes today and tomorrow, we will have harvested all of what we can out of our fields. A bit more plowing and prep for the early spring seeding, and we'll be happy with our fields for the winter. We're hunkering down (and kind of hankering) for a storm!

Sugar Dumpling squash has perhaps become our favorite squash. We tried it for the first time last year and got more than respectable yields, found it to store well and have a high sugar content with smooth flesh. It roasts nicely sliced into 1/2" pieces or halved and stuffed, see a recipe in September/October 2012 on our blog.

Purple Viking potatoes are excellent for mashed potatoes with a very fine texture and snow white flesh.

We love celery root as a versatile vegetable: Zachary and Ania will eat it sautéed in a burrito, it's nice cubed and roasted with all of the other roots in the box, and raw, it's good grated or in matchsticks with a salad. We're mixing it grated with cubed apples from the Market Day Farm online market, Amaltheia cheese, balsamic and oil these days.

Here's a recipe from Love Soup, a cookbook by Anna Thomas: Feel free to sub veggies for what you have on hand!

2.5# Kabocha squash	3 med. Turnips	2-3T lemon juice	2-3 c veg or other broth
1 med. Celery root	1.5 T olive oil	cayenne	
1.5 t sea salt	2 leeks	3 T maple syrup	
1 yellow onion	rosemary	3T butter	

Cut the squash in half, remove the seeds, sprinkle with olive oil, and roast with the other peeled and cubed roots at 400 for an hour or so until the squash is very tender. Meanwhile, saute the thinly sliced leeks and onion until soft and browning. Combine all of the cooked veggies with 1 liter of water and salt. Simmer for 20 minutes until perfectly soft, add 2 c veg broth, 2 T lemon juice, cayenne, and syrup. Puree until smooth, brown the butter in a separate pan, and add to the soup. Adjust any of the seasonings to taste (lemon juice, syrup, salt, cayenne...)

www.gallatinvalleybotanical.com

Thank you! Enjoy your produce. Matt, Jacy, Zachary, Ania and the GVB Crew
Please CAREFULLY unfold and return your box. We will reuse them!