

LAST CSA BOX!



Thank you for supporting GVB through our Winter CSA!
This is your LAST box for the season.

Vegetables for the Week of January 9th

- Love Gold Valley Potatoes
- Green Passat Cabbage
- Orange Juicing Carrots
- Gold Ball Turnips
- Cipollini Onions
- Garlic
- Shallots
- Braising Mix (Kale, Chard, Mustards)
- Sunshoots

Please return your empty boxes!

Greetings,

Just when you think you couldn't possibly eat another bite of cabbage...we give you another cabbage! But, believe it or not, this is your last produce box for the season. If you've accumulated veggies, or need a break from some, store and savor them over the next few weeks. You might even begin to miss winter squash! Everything in this week's box, besides the greens, will last for over a month if stored properly.

We noticed, as we packed the final boxes, that our walk-in cooler is looking awfully empty—a sign that we've sent a lot of produce out the door these past few months. We still have ample supplies of cabbage and carrots stored over at Rocky Creek Farm, but we've used up the bulk of our winter storage crops. It feels like just yesterday that Matt and Jacy were excitedly filling up every square inch of storage space with produce, and now they are tidying up and making space for the coming season. Danielle did a MAJOR clean out of our pack shed last week, organizing the remaining squash and moving out the giant wooden squash boxes—what a relief to be able to see out the windows! We also spent Friday afternoon harvesting the remainder of the greens from Greenhouse 2, so we can close down the house for the rest of the winter. Time to start planning next year's crops, ordering seeds, and seeding for our first round of spring transplants.

You'll find some old friends in your box this week (where does all this cabbage come from?!), but we're also including the more elusive Love Gold Potato, a hefty bag of juicing carrots, and a beautiful braising mix taken from the greenhouse. **Love Gold potatoes** have a smooth texture and buttery taste, and are a very universal tater—boil, mash, roast, steam, bake...or try making your own gnocchi! We use our less uniform carrots for **juicing carrots**—if you have a home juicer, carrot juice is great for smoothies, juice blends, cocktails, or even bread (see recipe below). Carrot soup is another perfect use for these asymmetrical roots. Please visit our blog for a fresh **Sunshoot Salad** recipe. We hope you enjoy the produce and have a chance to try out some new dishes over the course of the winter.

BEEF POT ROAST WITH WINTER ROOT VEGETABLES (from *The Nourished Kitchen*):

Beef and root vegetables are slow-roasted in red wine and seasoned with fragrant thyme for a tender and richly flavored winter supper.

Ingredients

- 2 tbsp butter
- 2½- 3 lb grass-fed beef rump roast
- 5 medium carrots, (peeled and chopped into bite-sized pieces)
- 3 medium parsnips, (peeled and chopped into bite-sized pieces)
- 2 medium turnips, (peeled and chopped into bit-sized pieces)
- 2 tbsp whole black peppercorns
- 2 bay leafs
- 1 bunch thyme
- 1½ cups red wine
- 1 cup beef stock
- 1 bunch fresh parsley, finely chopped

GVB Note- Try adding cubed Love Gold Valley potatoes and whole or halved Cipollini onions.

Instructions

- 1 Preheat the oven to 325 degrees.
- 2 In a heavy-bottomed, oven-proof Dutch oven or clay baker, heat butter until melted. Gently brown the roast on all sides in the butter and set aside.
- 3 Add chopped carrots, parsnips and turnips (and potatoes and onions) to the pot
- 4 Season the beef and vegetables with bay leafs, thyme and whole black peppercorns.
- 5 Pour red wine and beef stock over the vegetables and meat, place in the oven and bake, covered, for three to four hours.
- 6 Remove from oven and garnish with chopped fresh parsley.

NO-KNEAD CARROT BREAD (from Jim Lahey’s *My Bread*)

Easy recipe, but the dough must sit for 12-18 hours before baking, so plan ahead.

Instructions:

1. In medium bowl stir together flour, salt, and yeast. Add carrot juice, and using a wooden spoon mix until you have a wet, sticky dough (30 seconds). Add a little water if it’s too dry. Add currants, walnuts and mix until incorporated. Cover bowl with plastic wrap and let sit until surface is dotted with bubbles and dough is more than doubled in size (12-18 hours).
2. When first rise is complete, generously dust work surface with flour. Scrape the dough in one piece out of the bowl onto the surface. Lift edges of dough in toward the center to make it round; this will create a seam.
3. Place tea towel on surface and generously dust with flour and sprinkle with cumin seeds. Gently place dough on towel, seam side down. Dust top of dough and fold towel over the top. Let rise in warm spot for 1-2 more hours. Should almost double in size again.
4. 30 min. before end of second rise, preheat oven to 450 deg. and place covered 4.5-5.5 quart heavy pot in oven to pre-heat. After 30min in oven, remove pot, carefully transfer dough from towel to pot (seam side up), and cover and bake for 25min. Remove lid and continue baking until bread is a deep chestnut color but not burnt. Lift bread from pot to cool.

Ingredients (1 loaf):
 3 C. bread (white) flour
 1 1/4 tsp table salt
 1/4 tsp instant /other active dry yeast
 1 1/2 C. freshly squeezed carrot juice
 3/4 C. currants
 3/4 C. coarsely chopped walnuts
 1 T cumin seeds

Stay tuned, as GVB has some exciting plans in the works for the upcoming season. Until then, enjoy the snow, happy cooking, and stay in touch.

~Kristina

Thank you, again, from all of us at the farm!
 ~Matt, Jacy, Zachary, Ania, Chris, Danielle, Steph, Grace, and Kristina~
 (and of course Pia, Honey, the chickens, sheep, Rosemary, and the two wandering cats)