



What's in your Winter CSA share:

Garlic—Store at room temperature for 1-2 weeks, or in the fridge for several weeks.

Spinach—Store in plastic bag in fridge for up to 1-2 weeks.

Onions—Store at room temperature for up to 1 week or in crisper drawer in fridge for up to 2-3 weeks.

Beets—Store in plastic bag in fridge for up to 3 months.

Carrots—Store in plastic bag in fridge for up to 3 months.

Cabbage—Store in plastic bag in fridge for up to 3 months.

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December 19, 2012

Dear Members,

Our first snowy day for the winter CSA pickup looks like it will ensure us a white Christmas this year! We hope you all have a Happy Holiday and New Year, and we'll see you next in 2013! The next CSA pickup is on the 2nd of January. If any of you are traveling over the holidays and need to pick up later than the 2nd please let us know.

We've been starting to gut and renovate a small root cellar that's attached to our house over the past week. It's a great space, but we haven't used it much since we moved here because it needs a little work to make it functional. We're planning to fix it up and use it as a second walk-in cooler next season so we can store more crops. It will also allow us to have two coolers running at two different temperatures, which is very useful at certain times of the year. Most vegetables store best in the 30's, but squash, zucchini, cucumbers, tomatoes, and peppers, among others, store better at about 50 degrees. Having two coolers with two different temperatures should enable us to keep our produce in even better condition than we've been able to up to now.

Meanwhile, in our existing walk-in cooler, we've turned off the cooling device and replaced it with a small space heater and fan to keep the temperature up at about 35 degrees. It's surprising how much heat the produce gives off—unless it's below 20 degrees for an extended period of time they provide enough heat to keep the room above freezing. Even though they are out of the ground they are still living products producing heat through their respiration. We've visited larger farms where they store so much volume of produce that they need to *cool* their root cellars throughout the entire winter in order to maintain the proper temperature!

Below you'll find a recipe for a delicious carrot soup that also uses some of the onions and garlic from this week's share. We served this to my parents a couple weeks ago and they loved the unusual combination of flavors. It's very sweet and a little tangy with a hint of the cardamom and vanilla.

Happy Holidays and we'll see you on January 2nd for the next CSA pick-up!

Holiday Carrot Soup

2 Tbls cooking oil
¼ cup onion, chopped
1 lb. carrots, peeled and chopped
½ apple, cored, peeled, and chopped
2 garlic cloves, minced
½ tsp ground cardamom
3-4 cups chicken broth
4 Tbls butter
¼ tsp vanilla extract
Salt to taste
Sour cream or heavy cream (optional)

Heat the oil in a large saucepan over medium heat. When hot, add the onions and carrots and sauté for 5 minutes, stirring. Add the apple, garlic, and cardamom and cook for 5 more minutes, stirring. Add the broth, bring to a boil, then turn down to a simmer and cook until carrots are tender, about 15-20 minutes. Stir in butter, vanilla, and salt. Puree with a handheld blender or in a regular blender after cooling slightly. Serve hot with an optional spoonful of cream in each bowl. Serves 2-4.