

# Schreiber & Sons

*It's a Culinary Adventure*

[www.schreiberandsons.com](http://www.schreiberandsons.com)

## Week 22 - Week of September 29nd

1. Carrots
2. Potato
3. Radishes
4. Bok choy
5. Spinach
6. Pepper, bell - colorful medley
7. Pepper, hot - Super Chili
8. Cucumbers - large and medium members
9. Melon medley - medium shares 1 melons, large share 2 melons
10. Tomatoes
11. Summer squash
12. Celery - medium and large
13. Green onion
14. Eggplant
15. Cilantro
16. Farmer's Choice

**Farming.** The weather is cooling off with our night time lows reading the mid forties or lower. A lot of plants such as summer squash, eggplant, tomatoes and melons stop growing when the ambient air temperatures fall below 50 degrees. Other plants such as radish, bok choy, arugula, beets, cabbage and broccoli grow as long as the weather is above freezing. As the days grow shorter **and** the night time temperatures fall most plants start to **go into** senescence. I am surprised that we still have 16 kinds of produce (technically the diversity is higher than that if you count the different varieties of tomatoes, peppers, squash and melons). Within a couple of weeks the diversity will start to fall rather dramatically as the plants give us their last offerings. For example, this is probably the last week for melons, cilantro and cucumbers. While we have a number of end of the season crops that you have not seen yet, the bulk of season is behind us. It will be interesting to see how much produce we can still come up with. Just as the early season's cool weather delayed us a week, a warm fall means extra produce **and** an early freeze means a cold and swift end to the produce.

I was checking on the produce and **saw** that the broccoli is making a nice head, with favorable weather we should get a beautiful fall crop-if it freezes within four weeks, we may not get any. Some of our winter squash was planted a little on the late side, if we have six weeks free of frost, we will get spaghetti squash. I talk as if the cold weather is

our enemy; **in** some ways it is, **in** some ways it is not. The cold weather actually improves the flavor of many crops, particularly winter squash. A well timed freeze actual greatly improves the flavor of crops such as parsnip. It is going to be interesting to see how far we can take this season. Last year we ended the CSA on October 22-just four weeks from now. It is our goal to go a full month longer this year than we did last year. Cross your fingers!

**Celery** is a surprise crop. We have tried growing it before on very small scale with mixed results. One year it did well, the next year poorly. We planted two rows about 50 feet long. Celery requires a long, cool growing season, something we do not have here. It grows well in the spring and fall but it just sits there and does nothing during the hot summer months. You will note that there are a lot of little stalks around the base. These small stalks are where the plant started growing this fall once it had cooled off. We took some to the Pasco Farmer's Market and sold out of them at \$3 a piece. Let us know how you like them.

**Pumpkins.** We will be providing you pumpkins this year-and not just A pumpkin, but rather a set of pumpkins. I am not sure exactly when you will be getting them, but in about two to three weeks you should start **to see** them. If you are interested in having a trip to the farm to pick out your own personal pumpkin(s), let us know and we can arrange for you to come out.

**Apple Cider.** We have made arrangements with a neighbor to make some apple cider for us. If you are interested in apple cider let us know. The cost is \$6 for a gallon and \$4.5 for a half gallon. We purchase this cider ourselves and we absolutely love it. Email Stacey or call us, and we will include it in your box and invoice you for it.

**Trade Box.** Just a reminder but if there is an item in your box that you perhaps may not be your favorite, you can take an item out of your box and switch for something in the trade box. Resist the temptation to take anything out of someone else's box-but rather use the trade box.

**Preserving Food.** If you are interesting in safely preserving food we are including a link for some very good information. . It is the University of Georgia website which shows how to properly and safely preserve food via FDA regulations. <http://www.uga.edu/nchfp/>. Thanks to Holli Roach for providing this link. It is also **available** on our website.

## CELERY

Celery is a member of the Umbelliferae family, which also includes carrots, parsley, dill, cilantro, caraway, cumin, and the poisonous hemlock. It takes just one ounce of celery seeds to

produce an acre of celery. People who are allergic to celery are often also allergic to mugwort pollen. Celery root contains more allergen than the stalk and is therefore more dangerous for people allergic to celery. Per capita U.S. consumption of celery is about 9 to 10 pounds per person annually.

Celery is native to the Mediterranean and the Middle East, and was used by the ancient Greeks and Romans as a flavoring. The Ancient Chinese used it for medicinal purposes. King Tut's tomb contained a shroud adorned with garlands of wild celery, olive leaves, willow, lotus petals, and cornflowers. In *The Iliad*, by Homer, the horses of Myrmidons graze on lotus and wild celery (*selinon* as the Greeks called it). In the *Odyssey*, by Homer, meadows of violet and wild celery surround Calypso's cave. Hippocrates described celery as a nerve soother. As far back as ancient Rome, celery was considered an aphrodisiac. Today, scientists know that celery contains androsterone, a pheromone released by men's sweat glands that attracts females. A recipe uncovered in Pompeii for a celery dessert called for roasting chopped celery in an oven and serving it with honey and ground pepper. Aulus Cornelius Celsus, writing around 30 AD, wrote about the use of celery seeds to relieve pain.

The first recorded mention of celery in France was in 1623. 18th century French courtesan Madame de Pompadour, mistress of Louis XV, ate celery soup and truffles in an effort to adopt a "heating diet" so she would be less frigid and more attractive to the king. It is also said that she fed the king celery soup to fan the fires of his passion. Celery, onions, and carrots now make up the "holy trinity," known as the "mirepoix," of French cuisine. These three vegetables are used together as the base for many French dishes, including sauces, stews, soups, and stocks. Through the process of human migration celery, onions, and bell peppers came to be considered the "holy trinity" of Louisiana Creole and Cajun cuisine, due to the French influence in the area.

Celery was first introduced to America in 1856 when a Scotsman named George Taylor brought celery to Kalamazoo, Michigan. By 1872, Dutch farmers were transforming acres of Kalamazoo muck lands into celery fields. Kalamazoo began promoting itself as the "Celery City" and became known around the country for the "strange" vegetable. The town of Celeryville, Ohio was settled by celery farmers from Kalamazoo, Michigan who began growing the vegetable there. There is a celery museum in Portage, Michigan called the Celery Flats Interpretive Center.

### **A Great Date in Celery History!!!**

1920: After a patron at the Pump Room at Chicago's Ambassador East Hotel decided to stir his Bloody Mary with a stalk of celery, the idea caught on and celery became permanently linked with the drink.

Today, California is the nation's top celery producer. Michigan ranks fourth. The celery that we all buy in the local supermarket is Pascal variety, first cultivated in 1874 in Michigan. Two billion pounds of celery are grown each year in the U.S.

Celery stalks, celery seed and celeriac (celery root) are each grown commercially from different varieties of the plant. The wild form of celery is known as smallage. It has a bitter taste, and the

stalks are stringier than cultivated celery. Smallage was used in ancient times as a medicine, and the Romans used it as a seasoning. It was in the 17th and 18th centuries that celery was developed by breeding the bitterness out of smallage.

**Selection:**

Choose straight, rigid stalks with fresh leaves. Avoid pithy, woody or limp stalks. Should smell fresh, not musty.

**Storage:**

Refrigerate in a plastic bag for a week or more.

**Nutrition Benefits:**

Fat free; saturated fat free; low sodium; cholesterol free; low calorie; good source of vitamin C; good source of vitamin A.

**Celery Quotes**

*"The thought of two thousand people crunching **celery** at the same time horrified me."*

George Bernard Shaw (1856-1950). Explaining why he had turned down an invitation to a [vegetarian](#) gala dinner.

G. Lieberman

**'The Greatest Laughs of All Time'**

*"Lettuce, greens and **celery**, though much eaten, are worse than cabbage, being equally indigestible without the addition of condiments."*

**'The Young House-keeper'**

William Andrus Alcott (1846)

*"[Good cooking](#) does not depend on whether the dish is large or small, expensive or economical. If one has the art, then a piece of **celery** or salted [cabbage](#) can be made into a marvelous delicacy; whereas if one has not the art, not all the greatest delicacies and rarities of land, sea or sky are of any avail."*

Yuan Mei