

# Schreiber & Sons

*It's a Culinary Adventure*

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

Week 24 - Week of October 13

This week's produce:

1. Potato
2. Winter squash
3. Pepper, bell
4. Spinach
5. Pepper, hot
6. Cucumbers - large and medium members
7. Tomatoes
8. Parsnips
9. Thyme
10. Pumpkin
11. Farmer's Choice - we have some odds and ends of several items of produce; not enough for everyone to get the same thing, but enough of several things that everyone will get something.

**It Frosted.** The forecasted low temperature for Wednesday night was 35 and it got down to 30th. Friday and Saturday nights was even colder. These temperatures took out the tomatilloes, tomatoes, eggplant, cucumbers, peppers and everything that is not cold tolerant. We look at the cold ravaged plants and are torn with emotion, part of us is sad and bummed, looking at all of the wonderful produce that will not be harvested and then there is the part of us that has been praying for an early and hard freeze to deliver us from this never ending task of harvest. With the light frost on Wednesday followed by predictions of heavier ones to come, we picked and picked and picked peppers and tomatoes. We laid in over a thousand pounds of both crops and we hope they can hold for another two weeks.

Regardless of how long they last in the cold room... one, two or even three weeks, the produce season just took an abrupt swing with these temperatures. Enjoy the peppers and tomatoes in your boxes because after this, the only ones you will be getting will have been produced in Mexico or further south, picked green, gassed to ripen them and trucked across the continent to you. This will be the last week for cucumbers.

On the other hand, you will be getting the fall crops, pumpkins, winter squash, parsnips and potatoes. Supposedly crops like parsnips, kale, leeks and some winter squash taste better after a frost, you judge.

**The Near Future.** Last year we went for 25 weeks and because we felt that the season could be pushed longer and members were clamoring for more produce we wanted to extend the season. This year we were hoping that to provide you with produce for 30

weeks.....this means another six weeks. Going for six more weeks is going to be a bit of a challenge, but for now we are planning on it. We have a few crops that you have not yet seen, leeks, some potato varieties, some winter squash, some pumpkins and a few late season crops. This freeze really has set us back, we have radishes, turnips, Chinese cabbage, 3 kinds of beets and a few other items that are still growing, but due to the freeze and cold weather, they are moving at a snail's pace. For now, we are planning on six more weeks--but some warm weather would really help us.

**The Far Future.** Our operation's motto is *Wait until next year*. It is the end of the season, we tired, sick of the repetition, sometimes sick of the produce, you can see the mistakes of the year, the weeds got ahead of us in places, things we have not got accomplished, but what run's through our minds is wait until next year. Next year, we will know to do better, or that differently. We are planning, planning, planning. We know next year will be better, with one more year under our belts on this new venture, with this extra knowledge, next year will be better. We will skip growing that crop, we will drop certain varieties, we will grow some new crops and varieties. I think we are like our fruit trees.... the fruit is gone or lay rotting on the ground below, the leaves are turning colors and starting to drop, but inside the shoots, the cells that will provide next year's fruit are starting to divide. It is not obvious to the person walking down the row, but the tree knows, *wait til next year*.

Next year's CSA will operate similarly to this year. Organic and Conventional options, Small, Mediums and Large sized shares, drop offs in Pasco, Kennewick, Richland and West Richland, we will keep the Choice Box, there will probably a 30 week season-weather permitting, a similar but better mix of produce, some farm events, an email newsletter and so on. There will be some changes, what they are we are not sure of. One will be price, the cost of the CSA is going to have to go up. I want to apologize for doing this, but I am not. We do not know what the cost will be, but this is economics at its most basic, prices for things went up and we have to stay in business. We will talk more about this later. We are going to have more pick up locations, so this should make things more convenient for many of you. We are going to be collecting some information from you on how you feel about this year, so based on that feedback we hope to adjust what you get so that you get more of what you want, and less of what you do not want.

More on the next season later.

**Bulk Produce.** What we have in bulk has become very limited. We have tomatoes, bell peppers, hot peppers, potatoes, collards, kale, Swiss chard, green onions, leeks, parsnips, carrots and chickpeas in surplus. If you are interested in bulk purchases of any of these, let us know.

*Pop quiz: What's shaped like a carrot, looks like a carrot, and cooks up like a carrot, but isn't orange and doesn't taste like a carrot? Parsnips! This root vegetable is a close relative of the carrot, although with a pale ivory hue and peppery taste. While not nearly as popular as its cousins, parsnips used to be quite popular with the masses. Parsnips were made into wine and*

*jam in 16<sup>th</sup> century Germany, as well as dried and ground into a type of flour for sweet cakes. Today, you're more likely to spot a parsnip in a roast or hearty stew.*

The parsnip (*Pastinaca sativa*) is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler than most of them and have a stronger flavor. Like carrots, parsnips are native to Eurasia and have been eaten there since ancient times. Zohary and Hopf note that the archeological evidence for the cultivation of the parsnip is "still rather limited," and that Greek and Roman literary sources are a major source about its early use, but warn "there are some difficulties in distinguishing between parsnip and carrot (which, in Roman times, were white or purple) in classical writings since both vegetables seem to have been sometimes called *pastinaca* yet each vegetable appears to be well under cultivation in Roman times."<sup>[2]</sup>

Parsnips look like a pale carrot and are actually a relative of the carrot, celeriac, and parsley root. Commonly found in Europe, this root vegetable arrived to the United States with the colonists. Popular in the 19th and early 20th centuries for its celery flavor and nutty fragrance, this vegetable was often used in recipes that called for caloric decadence.

This hardy root vegetable grows best in cool climate regions. Although it is a biennial plant, farmers cultivate it as an annual crop. Native to Europe and Asia, the plant was introduced to North America in the 17th century. It is grown for its white fleshy, sweet flavored and earthy tasting root.

In most restaurants, parsnip is featured as an exotic vegetable and made to purees, or roasted with other root vegetables. It tastes delightful when sliced thinly and deep fried as chips. Parsnips store well for months in a cool and dark place- the reason of its popularity for centuries.

Parsnips are not grown in warm climates, since frost is necessary to develop their flavor. The parsnip is a favorite with gardeners in areas with short growing seasons. Sandy, loamy soil is preferred; silty, clay, and rocky soils are unsuitable as they produce short forked roots.

Seeds can be planted in early spring, as soon as the ground can be worked. Harvesting can begin in late fall after the first frost, and continue through winter until the ground freezes over.

More than almost any other vegetable seed, parsnip seed significantly deteriorates in viability if stored for long, so it is advisable to use fresh seed each year.

In the United States, this plant was introduced fairly early in history by British colonists as a root vegetable. It was thereafter replaced in popularity by the potato in the mid-nineteenth century and consequently escaped from cultivation, so today most states have wild parsnip on their list of noxious weeds or invasive species.

### **Parsnip Facts**

- The name comes from the French *pastinaca* and the 'nip' added to indicate its resemblance to the turnip.
- Rather than destroy the plant a parsnip improves with a frost as this turns a lot of the starch into sugar.
- Much of the flavor compounds of the parsnip are to be found under the skin, this is why

many recipes call for parsnips to remain unpeeled.

- The roots of wild parsnip are said to aid bowel movement and urine discharge.