

September 21st, 2012

With the official start of fall just around the corner, the day’s length now nearing the length of the night, things here at the homestead are both winding down and accelerating—namely, seeding and transplanting are nearing their end for this year, while harvesting, drying, curing, and storing are at their peak. The possibility of frost this last week, sent us running out into the field and harvesting anything that could be damaged by those low temperatures. Luckily, the temperature stayed just above the freezing point, so all the veggies we decided to let grow a bit more, are still hardy and enjoying a little more sunshine.

This week we have a new fall arrival—turnips! Turnips are one of those great multifunctional vegetables, they can be eaten raw or stir-fried, mashed or roasted, and you can also eat the green turnip tops—just chop them up and cook like any other braising green (with garlic and olive oil, or added to other veggies or soups). Remember, just like beets and carrots, turnips don’t store well with the greens attached. Turnip leaves sap moisture from the roots, making the roots lose their crispness much faster, so, if you won’t be eaten these veggies in the next day or two, cut off the roots and store them separately (in the refrigerator or other cold storage area).

* Scarlet Ohno Revival Turnips
* Beets and Beet Greens (3 or 4 kinds of beets in you bunch: golden beets, chiogga beets, red ace beets, bull’s blood beets)
* Rainbow Chard
* Scallions/ Green Onions
* Japanese Cucumbers
* Zucchini
* Provider Green Beans
* Buttercrunch Lettuce
* Sugar Baby Watermelon

Recipe of the Week: Roasted beets and turnips with sautéed greens

Preheat oven to 425°. Chop 2 beets and 2 turnips into ½ inch-1 inch cubes. Toss with enough olive oil to coat plus a little extra so they don’t dry out. Spread veggies on a baking sheet and sprinkle with salt, pepper, and any herbs desired (thyme, rosemary, oregano). Bake in the oven for 25-35 minutes, stirring every 10 minutes or so to keep everything from sticking. Chop beet and turnip stems and mince 2-3 cloves garlic. Sauté on medium-high heat with 2 tablespoons olive oil for a couple of minutes, until stems are tender (stir frequently to keep the garlic from browning too much). Chop beet and turnip leaves and add to the pan, stirring to coat with garlic-oil mixture. Add salt and pepper and cook until greens are wilted and tender—just a few minutes. Remove roasted root veggies from the oven (they’re ready when a fork goes into a beet easily—or just try one). Serve side by side, or with greens as a “bed” for the beets and turnips. Garnish with chopped scallions.