



Beautiful Brassicas

Brassicas are a family of vegetables that are also referred to as the cabbage family or mustard family. They include: Kale, Cauliflower, Brussels Sprouts, Cabbage, Broccoli, Leafy Brassicas (Collardss, Mustards, Arugula), Asian Brassicas (Bok Choy, Chinese Broccoli, Mizuna, Napa Cabbage, Tatsoi), and Root Brassicas (Radish, turnip, rutabaga, kohlrabi).

This fall, the brassicas have been bountiful and beautiful. They are particularly delicious this time of year. Brassicas that endure the first frosts of fall develop sugars as a form of antifreeze. These frost-sweetened crops are most definitely a seasonal delight!



Treat Them Simply

When brassicas are this delicious, they don't need much! In our house, salad turnips are gobbled up raw, and broccoli and cauliflower are usually steamed (then tossed with olive oil or garlic butter).

Some northern Europeans call this group of vegetables kol or cole crops - this is where the name "coleslaw" comes from. Traditionally, slaw features cabbage, but other firm, crunch veggies (and fruit) can make excellent variations and additions.

Slaw Basics

Slaw is a mix of shredded or chopped vegetables (and/or fruit) and a dressing (can be creamy or a vinaigrette). Here are a few ideas:

[Creamy Apple Slaw](#)

[Carrot and Kohlrabi Slaw](#)

[Shaved Brussels Sprout Salad with Apples and Goat Cheese.](#)

Roasting Brassicas

Roasting is a go-to cooking method this time of year. Cauliflower, broccoli, Brussels sprouts, cabbage, and those lovely root brassicas are all delicious roasted. Roasting caramelizes the vegetables' natural sugars. I roast vegetables at a moderately high temperature - 400-425 degrees. Vegetables are done roasting when they are tender and starting to brown on the edges.



Here is some recipe inspiration for your brassica roasting:

[Balsamic-Roasted Brussels Sprouts](#)

[Roasted Cabbage "Steaks"](#)

[Roasted Broccoli and Cauliflower with Parmesan and Garlic](#)

2020 Member Survey

We received 57 responses to our annual CSA member survey. Here are some highlights:

- The top 2 reasons that members joined our CSA were:
 - *To support a local farm*
 - *To better source fresh, quality produce*
- The most important features of our CSA were:
 - The ability to customize
 - Delivery & convenience
- Some comments from our members:
 - "Having a consistent abundance of fresh produce week after week pushes us to keep eating and cooking with quality basic ingredients. It keeps our health and well being in the forefront of our lives."
 - "Meadowlark is simple and easy to use...it made cooking and getting produce so much more convenient in a small town."
 - "Feeling more connected to the land and the community where we live."
 - "I think I have become a more creative cook and also love eating vegetables in a more seasonal manner."
 - "The food quality is incredible and knowing it's a local fresh product makes eating veggies even better."

Thanks to all those who took the time to respond to our survey!

Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your culinary adventures.



Our Beloved Enameled Dutch Oven

With soups and stews regularly on our menu, our [6 qt enameled cast iron dutch oven](#) lives on our stovetop. Durable and easy to clean, enameled cast iron provides an even and consistent heat. It can also stand up to 500 degrees in the oven.



Rustic French Apple Tart

I love making pies - and apple pie is a favorite in our family. I made this recipe for a [Rustic French Apple Tart](#), and it surpassed our expectations. It may be better than my favorite apple pie, and it is easier, too!

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