



NEW CITY  
URBAN  
FARM

# New City Urban Farm

## Down on the Farm:

Where's our frost? We are now two weeks past the standard frost date for Grand Rapids and we still haven't seen any. Tired farmers are often looking forward to that frost date to help kill off plants and slow the field down to a crawl, but vegetable cooks and eaters are also looking forward to it because of all the delicious products that follow. Frost causes many hearty vegetables to improve. Kale, collards, and chard all become richer and sweeter, losing their summer edge when the cool weather moves in. Roots love the first few frosts. Frost is difficult on plants because when water freezes it expands. The water in the cells of a plant can expand to the point of bursting cell walls. That is why a frozen vegetable becomes mush when it thaws out. To combat this effect, carrots, turnips, parsnips and most other root vegetables will produce more sugars. Water with sugar in it freezes at a lower temperature than normal water. This ingenious defense from the cold pays off for those of us who like to eat hearty root vegetables. We just need to wait a little while longer before we can reap the benefits of the frost.

## What's in My Box: Rutabaga

Most people find Rutabagas difficult to distinguish from turnips. They are both from the cabbage family and are both large, unassuming root balls. We grow both, but this week we are only putting out rutabaga in hopes of giving members the chance to try them individually before forming an opinion about one over the other. Rutabagas are large, firm roots with smooth skin, touched with a bit of purple. The flesh is yellowish and the taste is usually sweet with the characteristic cabbage pepperiness. To cut down on the bite, most cultures roast or boil them. A popular way to prepare rutabagas in Northern Europe is to cut or peel the skin off, chunk up the root and boil it with diced carrots. After everything is cooked to tender, drain the water and mash them together with butter and salt. Serve with some sauteed kale and a sausage and you'll have yourself a traditional Scandinavian meal. An interesting fact about both turnips and rutabagas is that they were traditionally used for carving around Halloween before pumpkins became widely available in Europe.

## This Week's Share:

- Carrots/Potatoes/Sweet Potato/Parsnips/Rutabaga/Celeriac
- Delicata Squash/Brussels Sprouts
- Butternut Squash
- Peppers
- Tomatoes/Green Tomatoes
- Celery/Kale
- Daikon Radish/Leeks/Swiss Chard
- Garlic
- Onions



## Recipe: Chicken with Rutabaga and Pear

3 Tbsp.	Olive oil, divided
4	Chicken thighs, skin-on, bone-in
To taste	Salt and Pepper
1 large	Onion, thinly sliced
1 medium	Pear, peeled, cored, chopped
1 medium	Rutabaga, peeled, diced
4 cloves	Garlic, finely minced
½ cup	Dry white wine
½ tsp.	Thyme
½ cup	Roasted almonds, pine, or macadamia nuts, chopped

Heat 1 Tbsp. oil in a large skillet over medium-high heat. Season chicken with salt and pepper and cook, skin side down, until skin is browned and crisp, 10–12 minutes. Transfer chicken to a plate. Heat remaining 2 Tbsp. oil in same skillet over medium-high heat. Add onion, pear, rutabaga, and garlic, season with salt and pepper, and cook, stirring occasionally, until pear and rutabaga are soft and starting to turn golden brown, 15–20 minutes. Carefully add wine and thyme, then return chicken to skillet, skin side up. Cook until wine is almost completely evaporated and chicken is cooked through, 8–10 minutes. Serve topped with macadamia or pine nuts.