

# FRY FAMILY FARM CSA NEWSLETTER

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## Celery

Celery is a stem vegetable that is related to both parsley (which is cultivated for its leaves), and celeriac (which is cultivated for its root crown). Some farm fresh celery may taste and look more vibrant than what you're accustomed to. This is because we don't blanch our celery plants by hilling soil around them to exclude light. Blanching would make for paler, juicier stalks—but our deep green, unblanched celery is especially wonderful for cooking. Save the light colored, mild inner stalks for eating raw.

### Handling

Separate the ribs and rinse them well. Trim off any roots and the leafy tips; save the leaves for soups and other dishes. Remove any strings from the outer stalks with a vegetable peeler or paring knife by making a shallow cut across the base of the stalk and pulling the strings up, up, and away.

### Storage

Wrap unwashed celery in a plastic bag or aluminum foil and place it in the coldest part of your refrigerator; it will keep for up to two weeks.

### Celery Nutrition

**The good:** This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Riboflavin, Vitamin B6, Pantothenic Acid, Calcium, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Potassium and Manganese.

**The bad:** This food is high in Sodium, and a large portion of the calories in this food come from sugars.

## **IN YOUR BOX:**

### **Partial Share:**

Salad Mix  
Lettuce  
Tomatoes  
Potatoes  
Cantaloupe  
Colored Bell Peppers  
Lemon Cucumbers  
Summer Squash  
Celery  
Sungold Cherry Toms

### **Full Share:**

Salad Mix  
Lettuce  
Tomatoes  
Potatoes  
Honeydew  
Cantaloupe  
Colored Bell Peppers  
Green Bell Pepper  
Lemon Cucumbers  
Celery  
Summer Squash  
Basil  
Carrots  
Red Chard  
Sungold Cherry Toms

### **FLOWERS:**

Celosia cristata. Aka: *Cockscomb*. This fresh cut flower can also be dried and will hold its color well. Hang upside down for 2-3 weeks in a dark dry place. Then put in a dry vase for a long lasting bouquet!

### Creamy Celery Soup

#### Ingredients:

2 T. **butter**  
1 1/2 cups chopped **celery** with leaves  
1/2 cup thinly sliced **leek**  
2 cloves minced **garlic**  
3 cups chicken or vegetable **stock**  
1/2 cup dry **Vermouth** (optional)  
2 cups **milk** (or heavy cream)  
1/2 tsp. **Salt**  
Freshly ground **black pepper**  
Pinch of freshly grated **nutmeg**  
Chopped fresh **parsley**

#### Directions:

Melt butter in pot over medium heat. Add celery, leek, and garlic; sauté for two minutes. Add the stock and vermouth; simmer until the celery is tender, 10-15 minutes.

Place a mesh strainer over a large bowl or pan. Strain the soup through the strainer. Return the soup to the pan and bring to a boil. Add the milk and reduce the heat so the mixture barely simmers; simmer for 5 minutes. Add the salt and pepper to taste. Garnish with celery. Serve with croutons or Tomato Crostini.

### Celery Salad with Walnuts and Gruyere

#### Ingredients:

3 ribs **celery**, cut into matchstick strips  
1/2 cup chopped toasted **walnuts**  
8 oz. **Gruyere (or Swiss) cheese**, cut into matchstick strips  
1 tsp. Minced **shallot**  
1 **scallion**, thinly sliced  
**Salt & Fresh ground black pepper**  
2 T. prepared **Dijon mustard**  
1 1/2 tsp. Fresh squeezed **lemon juice**  
1/2 cup **heavy cream**  
1 T. Finely chopped fresh **parsley**

#### Directions:

Combine the celery, walnuts, gruyere, shallot, and scallion in a large bowl. Add salt and pepper to taste.

Whisk the mustard and lemon juice in a small bowl. Add the cream in a stream, whisking constantly, until everything is well combined.

Pour the dressing over the celery mixture and toss gently but thoroughly. Sprinkle with the parsley.

### Tomato Crostini

1/2 cup chopped tomato  
1 T. Chopped fresh basil  
1 T. Chopped green olives  
1 tsp. Capers  
1/2 tsp. Balsamic Vinegar  
1/2 tsp. Olive oil  
1/8 tsp. Sea salt & Dash of fresh ground pepper  
1 garlic clove minced  
4 one inch thick slices French baguette  
Cooking spray  
1 Garlic clove, halved

Preheat oven to 375.

Combine first 9 ingredients

Lightly coat both sides of bread with cooking spray (or brush with olive oil); arrange in single layer on baking sheet. Bake at 375 for about 4 minutes on each side or until lightly toasted.

Rub 1 side of bread slices with halved garlic, and top evenly with tomato mixture. Yield 2 servings.

*Note: We make this in larger batches for just about every social gathering, everyone loves it, and you can add or delete ingredients to vary it slightly.*