 CSA Newsletter Week #11:

# Meet our 2014 Crew Leader: Peter Penkala

My name is Peter, and this is my third season at Blue Mountain. I am a lapsed environmental science student, whose general pessimism with the direction our society is headed has lead me to seek a legitimate alternative. BMT has been ideal place for reflecting on what that might look like, and the abundance which I see can come from simple human labour is seriously heartening. I have some optimism that there is a future in family farming for me, though there are still some big obstacles. I feel very grateful for the huge efforts that Kris and Tamara make to keep this place humming and to our CSA community for buying in to how we do things. I am also involved in a non-profit called the Centre for Harmonious Co-Existence, and you can check that out at [letliveandlive.org](http://letliveandlive.org/) if you're interested!

This week’s bin features:

* Potatoes:
* Beet Bunches:
* Beans ***OR***Peas
* Broccoli ***OR*** Cauliflower
* Steaming Greens Mix Deluxe (4kinds kale, rainbow chard, collards & new Zealand spinach)
* Rutabagas
* Shallots
* Garlic
* Green Cabbage
* Zucchini
* Edible Flowers with Basil & Lemon Balm

### Add-on Shares:

* Pork Chops & Breakfast Patties
* Red Fife Wheat Flour
* Spicy Zucchini Relish & Nanking Cherry Jelly
* 1 dozen farm fresh, free range eggs

### Recipe of the Week:

**Mashed Rutabaga Potato Supreme**

Few pinches Salt

1 pound Rutabaga peeled, cut into chunks

½ lb Potatoes, any kind, peeled, cut into ½ inch chunks

1 medium Carrot, chopped

¼ C Milk

3 Tbsp. unsalted butter, melted

¾ teas. Salt

¼ teas. Freshly grated nutmeg & freshly ground black pepper

1. Bring a large pot of water to a boil. Add a few pinches of salt and then drop in the rutabaga; cook for 10 minutes. Add the potato and carrot; cook until everything is tender, 15-20 more minutes. Drain.
2. Heat the milk in a small saucepan, but do not boil.
3. Mash the rutabaga and potato with the butter until smooth, adding a little of the warm milk at a time until the mixture reaches the consistency you like. Stir in the salt, nutmeg and pepper to taste. Serve hot.