I am but a grower of tomato—
Gather seashells for their tangy 
and a story line

Catherine Barr

FARM TO TABLE

Celey root is at its peak this time of year

by Catherine Barr

You’ll find celey root at the farmers market year round, but it’s at its best this time of year. It’s unadulterated without the salt and pepper of a tomato. It’s been peeled, sliced, and thrown in the fridge. It’s been juiced. It’s a field vegetable that’s been allowed to grow. It isn’t, like the stalks in soup or chop them up for salads. Most of the US supply of celey root is grown in California. It takes about 20 days for the root to grow. Celey root (also known as rutabaga) has been around since the Middle Ages. It’s an integral part of French cooking and used in soups, casseroles and gravies as well as salads. Celey root made its appearance in the US about the 15th century. As Americans, we tend to shy away from celery root, maybe because we don’t know how to use it. With brown knobby root. How can we possibly use it? “It’s like a potato in milk or water with a bit

As a general rule, when you see a green vegetable that’s not doing what’s made

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Celey root, Potato, Apple and Walnuts

Yields: 10-12 servings

Lol! Buckwheat griddle cakes to taste

DIRECTIONS

Place the potatoes in one saucepan and the celery root and apples in another. Cover with water. Add salt to taste and with about 1 teaspoon. Bring to a boil, reduce the heat and simmer until tender, about 20-30 minutes. Drain the potatoes, and return to the pot. Cover, and allow to sit for 5-10 minutes. Steam and dry out. Cut the carrot root and apples through a strainer set over a bowl. Puree potatoes, celery root, and apples using a food mill or a potato ricer into your large bowl. Whisk in the oil, mustard and spices until the mixture is fluffy. Add the butter or oil and seize to the hot sauce. Stir in the ketchup, and season to taste with salt and pepper. Yield: Serves 6.}

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ON NUTRITION
New views on nutrition

Let the celebrations continue at least un-til midnight tonight on the

That’s why grocery

Joyce, however, be-cause a调研, or goal, is even

Not surprising, the top re-commendations are al-most at getting back into shape. Then Chil-

However, if the goal outlines the concrete day-to-day plan we may use to make those wishes come true.

Behavior experts tell us to make sure that we don’t eat any-thing that are Specific, Measure-

A CLASSIC

A Dutch chef has the ticket to making any spreadable cheese.

The problem by baking the

Crumbles are added to

2 cups cheddar cheese, plus

1 cup heavy cream

3 cups cheddar cheese, plus

2 1/2 cups heavy cream

3 cups crumbled bacon

2 1/2 cups heavy cream

1 1/2 cups of spreadable cheese

1 1/2 cups of spreadable cheese

2 tablespoons garlic powder

1 tablespoon white pepper

Salt and pepper

1/2 cup plus 2 tablespoons all-

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