



# Winter Green Community Farm

Week of October 17th

2008

## This Week's Harvest

(Subject to last minute variations)

### **Winter Squash**

Leeks

Beets

Kale

Pac Choi

or

Komatsuna

Celeriac

Turnips

Strawberry Spread

## Winter Squash

- ☛ Store Winter Squash in a cool, dry, dark place with good ventilation. They should keep for up to a month or more, depending on the variety. You can also incorporate Winter Squash into a beautiful arrangement for your table. They won't keep quite as long at room temperature, but if they are sitting on your table, you might be inspired to eat them more quickly. Once squash has been cut, you can wrap the pieces in plastic and store them in the refrigerator for 5-7 days.
- ☛ To bake Winter Squash, cut in half, scoop out the seeds and pulp and place the halves, cut side down, on a baking dish filled with about a 1/2" water. Bake at 350 degrees until halves are completely soft and just starting to collapse (45 min to 1 hour or more, depending on the size). Remove them from the oven, fill w/butter, seasonings, or fillings, and serve them in the shell.
- ☛ Winter Squash can be substituted in pies and baked goods. Try using it instead of pumpkin or sweet potatoes in dessert recipes. While the oven is hot, try roasting the seeds, after mixing them with a little oil and seasonings of your choice.

### *Greetings Members!*



Hope this finds you all healthy and happy! Since we are a bit shorthanded this week, and I'll be out of town on Friday, I am putting this week's box note together a little early for you. If you would like to order any Strawberry Spread or Tomato Sauce before the last delivery, call/email me at the farm and I'll send it along with your veggies share. Hope you enjoy the recipes and your veggies, and you all have a wonderful weekend!

### *Curried Winter Squash Soup*

3 Tbsp butter  
 1 C scallions, chopped  
 1/4 C parsley, chopped  
 1 jalapeno pepper, seeded, finely chopped  
 2 cloves garlic, minced  
 1 Squash, peeled, seeded, and cubed  
 4 C stock

1 14oz can whole tomatoes, chopped  
 1/2 tsp grd. allspice  
 1/4 tsp grd. mace  
 pinch nutmeg  
 2 tsp curry powder  
 salt & pepper to taste  
 1/4 C fresh parsley, chopped

Melt butter in LG saucepan over Med heat. Add scallions: saute until soft and wilted, about 3 min. Stir in parsley, jalapeno, and garlic: cook, stirring occasionally, for 5 min. Add squash & toss to coat it with the scallion mix. Add stock, tomatoes, allspice, mace, & nutmeg. Bring to a boil: reduce the heat and simmer, covered until squash is very tender, about 45 min. Let cool slightly. Transfer soup in batches to a blender or food processor. Puree. Transfer soup back to the pot. Stir in the curry powder and add salt and pepper to taste. Return the soup to a simmer to heat through. Garnish with parsley just before serving.  
 Serves 6-8 from "Real Dirt on Vegetables Cookbook"

## Squash Ravioli

Vegetable oil for roasting  
2 Med winter squash  
1/2 C Parmesan  
1/2 tsp nutmeg  
1/4 tsp thyme (opt)  
Salt & Pepper to taste  
1 egg, lightly beaten

1 pkg wonton wrappers  
(about 50 wrappers)  
Flour for dusting  
1 stick butter  
1 LG handful sage leaves  
1/2 C chicken or veggie  
stock

**Roast the squash:** Preheat the oven to 400 degrees. Put a little vegetable oil on a baking sheet. Halve the squash and set the seeds aside. Place the halves cut side down on the oiled sheet and bake for 45 minutes to 1 hour or until until flesh is soft and slightly caramelized. If you're making the dish over two nights, let the squash cool, then remove the flesh and store in the fridge overnight. **Make the filling:** Put the cooled flesh in a

large bowl and crush it (with your fingers or a fork) until there are no large lumps remaining. Sprinkle the 1/2 cup grated cheese, nutmeg, thyme (if using), salt, and pepper over the squash and mix it all together evenly. **Assemble the ravioli:** Lightly dust two baking sheets with flour. Place a single wonton wrapper on a wooden cutting board and dollop about 2 teaspoons of filling in the middle of the wrapper. Using a pastry brush, brush a bit of the egg wash along the four edges of the wrapper around the filling. Place another wrapper over the first and carefully seal the edges, making sure no air pockets remain. (If you like, use a glass or a cookie cutter to cut the edges off the ravioli so that you have circular ravioli instead of square ones.) Place the finished ravioli on the flour-dusted baking sheet. Repeat until all the wonton wrappers are gone. **Cook the ravioli:** Bring a large pot of salted water to a boil and cook the ravioli in batches, about 6 to 8 at a time; they will float when done, about 3 to 5 minutes total. Scoop the ravioli out of water with a skimmer and drain them briefly on a clean dishtowel, then layer them with a little olive oil drizzled in between the layers. **Make the sauce:** While the ravioli are cooking, melt the butter in a pan over medium to medium-low heat until the butter starts to brown. Add the sage leaves and cook for a few minutes (don't let the butter burn!) and then add the stock. Simmer the sauce to reduce it while the ravioli finish cooking. Since the ravioli are big and will be covered in a rich butter sauce, don't serve more than a few ravioli per person. Place 3 to 5 ravioli on a plate and pour some of the butter-sage sauce over them. Pass the remaining grated cheese at the table.

Serves 4-6

from "Culinate.com"

## Beet Slices in Creamy Mustard Sauce

1 1/2 lbs beets, scrubbed,  
trimmed  
3 Tbsp butter  
1/4 C red onion, chopped  
1 Tbsp flour  
1/2 C stock  
1/4 milk  
3 Tbsp Dijon mustard  
salt & pepper to taste  
fresh parsley, chopped

Preheat oven to 400 deg. Place beets in small roasting pan w/ 1/2 C water. Cover w/foil & bake until beets are easily pierced w/a sharp knife, 45 min to 1 hour, depending on size. Allow beets to cool slightly, then run under cold water & slip off their skins. Slice the beets in half: cut each half into 1/4" wedges. Melt butter in LG skillet over med-low heat. Add red onion: cook stirring for 4 min. Add flour & stir constantly for 2 min. Whisk in stock, milk, & mustard. Cook & stir mix until slightly thickened. Add beets, continuing to cook and stir until warmed through, about 10 min. Remove skillet from heat. Season w/salt and pepper to taste & garnish w/parsley.

Serves 4

from "Real Dirt on Vegetables Cookbook"

## Tahini-Soy Sauce Greens

1 head Komatsuna  
1/4 C tahini  
1-3 Tbsp water or lemon juice  
1-2 tsp soy sauce to taste

Wash and coarsely chop greens. Put stems into a steamer for two minutes; then add the leaves and steam for three to four minutes, until tender-crisp. Drain, pressing lightly to remove excess water. Mix the tahini, water or lemon juice, and soy sauce in a bowl. Pour the sauce over the greens and toss, or by let each person dip pieces of greens into the tahini-soy sauce.

Serves 4