

Winter Green Community Farm

Week of November 13th

2009

This Week's Harvest

(Subject to last minute variations)

Winter Squash

Pac Choi

Swiss Chard

Carrots

Fennel

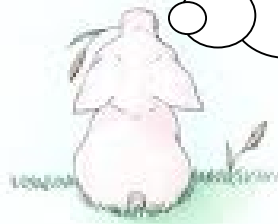
Onions

Turnips

~ Some Sites Only ~

Baby Lettuce

NEED



I have been off the farm with the flu this week, and am just getting up to speed. So...I am writing a recipe only box note for you...hope you all enjoy your veggies! Last week is the last delivery of the season so be sure to let me know if you would like any Strawberry Spread or Tomato Sauce with your last delivery! ♥ Linda

Easter European Vegetable Stew

2 Tbsp olive oil

2 C onions or leeks, chopped

3 garlic cloves, minced/pressed

1 C potatoes, diced & peeled

1 C carrots, diced & peeled

1 C parsnips, diced & peeled

2 C turnips, diced & peeled

2 C beets, diced & peeled

*** a food processor works well for dicing the veggies

6 C water

2 tsp salt

2 bay leaves

1 Tbsp fresh thyme &/or dill (1 tsp dried)

1/4 C cider vinegar

5 C Swiss Chard, beet greens, or spinach

salt & pepper to taste

1/2 C sour cream or plain yogurt

In a LG soup pot, heat oil & add onions & garlic. Cover & sauté on Med. for about 7 mins., stirring frequently, until onions are soft. Add the potatoes, carrots, parsnips, turnips, beets, water, salt, bay leaves & herbs. Cover and bring to a boil: then cook on Med. Low for 15 mins. Add vinegar & greens. Gently simmer for 5-10 mins., until greens are tender. Add salt & pepper to taste. Find & discard bay leaves. Serve garnished w/dollop of sour cream or yogurt, if desired.

Makes 6-8 servings submitted by CSA member Lisa Plumb from the "Moosewood Restaurant Daily Special" cookbook

Filling

2 eggs, separated (keep whites in fridge until needed)

1/2 C brown sugar, firmly packed

1/2 C milk

8 oz. puree pumpkin (or squash)

1 1/2 tsp grd. cinnamon

1/2 tsp. grd. allspice

1 tsp grd. nutmeg

1/4 tsp grd. cloves

1/2 tsp vanilla extract

1/4 C water, bourbon or Grand Marnier

1 envelope plain gelatin

1 Tbsp white sugar

Crust

8 oz. gingersnap cookies

(can use homemade cookies, but they must be dry & firm)

1/8 C pecans

1/4 C butter, melted, plus

more for greasing pan

Garnish

1/2 C whipping cream

Make crust: Preheat oven to 375 F. Put cookies & pecans in food processor blitz until ingred. are crushed & combined. Add melted butter slowly & process until mix resembles damp, even sand. Butter 8-9" pie pan. Scrape mix into pan. Press firmly & evenly over bottom & sides. Bake 8-10 min. Remove & let cool. Make filling: Place egg yolks in double boiler insert & beat w/whisk until light. Slowly mix in brown sugar & milk. Stir in pumpkin, spices & vanilla. Put insert over simmering water & cook for 10 min, stir steadily. Remove from

heat. Pour water, bourbon or Grand Marnier into small saucepan & sprinkle gelatin over surface. Let site 1 min., heat & stir slowly until dissolved & translucent. Add to pumpkin mix, beating well to combine. Chill in fridge 30-40 min, then beat again when cool. Place egg whites in bowl & beat w/whisk or mixer until soft peaks form., Slowly add white sugar & beat until stiff peaks form. Fold in egg whites in stages into pumpkin mix, folding gently after each 1/2 Cup. When mix is combined, scrape into cooled pie crust & chill, uncovered, for 30 min. If not serving after 30 min. cover & return to fridge. Whip cream & dollop on each slice when serving.

From the "Culinate Kitchen" Collection

Pumpkin Bread

3 1/4 C flour
1 1/2 tsp baking soda
1 tsp salt
1 Tbsp pumpkin pie spice
(see note below)
1/3 C veggie oil
1 2/3 C sugar

1 1/3 C light brown
sugar
packed
2 C pumpkin puree
4 eggs
1/3 C water
1/3 C buttermilk

To make Pumpkin Pie Spice:

1/4 C grd. cinnamon
2 Tbsp grd ginger
1 Tbsp grd. nutmeg
1 Tbsp grd. cloves
1 Tbsp grd. allspice

In a small bowl, stir
all ingredients with a
fork until well combined.
Store in cool, dry place
up to 3 months.

Preheat oven to 350 F. Lightly grease & flour 2 9" loaf pans. Measure flour, baking soda, salt & pumpkin pie spice into bowl & whisk to combine. Combine oil, sugars & pumpkin puree in a bowl & blend well with an electric mixer or by hand, for 2 min. Whisk eggs together. Slowly add eggs, incorporating each addition before adding the next. Scrape bottom & sides of bowl. Add 1/3 of dry ingred. & mix briefly, then add water. Mix well & repeat, using half remaining dry ingred. and all the buttermilk. Add remaining dry ingred. & mix until just combined. Scrape sides of bowl & divide batter between prepared pans. Bake for 60-75 min., rotating pans every 20 min. or so. Loaves should be dark golden brown w/cracked tops & a skewer inserted in center should come out clean.

From "The Grand Central Baking book" by Piper Davis & Ellen Jackson

Winter Squash Tart

1 Winter Squash
Favorite Tart Dough Recipe
Olive oil
Salt & pepper
2 Med leeks, white parts
w/a little green
2 Tbsp butter
2 eggs
1/3 C heavy cream
1/2 C milk
3 ozs. Swiss cheese, grated
1/2 tsp thyme, chopped fine
1 tsp parsley, chopped fine
Nutmeg

Preheat oven to 400 F. Cut squash in half, remove seeds & pulp, brush surface w/oil, & season w/salt & pepper. Place cut side down on baking sheet, & bake until skin is puckered & squash is soft, about 1 hour. Remove from oven, let cool to handle easily, then scoop out flesh. Pass it through a food mill to smooth out texture. There should be about 1 1/2 Cups. While squash is baking, prepare tart dough. Partially bake it & set aside. Trim leeks, quarter them lengthwise, slice them into 1/4" squares & wash well. Melt butter in a skillet, add leeks, & cook over Med High heat until tender, 7-10 min. Add a little water after first 3-4 min. to help cooking & keep them from burning. Season w/salt. Beat eggs in bowl w/cream, milk, & squash. Stir in leeks, grated cheese, & herbs: then season to taste w/salt, pepper, & a pinch of nutmeg. Set oven heat at 375 F. Pour batter into tart shell & bake in center of oven until firm & flecked w/spots of brown from melted cheese, about 45-50 min. Remove tart from oven, let rest for 5-10 min, & serve on platter.

Makes 1 9 inch tart

from "The Greens Cookbook" by Deborah Madison

Carrots & Turnips in Vinegar Sauce

4 C turnips, peeled &
sliced thin
1 C carrots, sliced thin
1 tsp soy sauce

1/2 C cider vinegar
1 Tbsp honey
1/2 - 1 tsp fresh ginger
peeled & grated

Place turnips & carrots in a large bowl. In a small jar, mix soy sauce, vinegar, honey & pour over vegetables. Mix thoroughly and chill. Before serving, add ginger, if desired.

Makes 6 servings from "Rodales Natural Foods Cookbook"

Pac Choi Salad

4 tsp rice vinegar
1 Tbsp soy sauce
1 tsp toasted sesame oil

3/4 tsp sugar
2 Tbsp chopped cashews
1 Pac Choi, sliced

Whisk together vinegar, soy sauce, sesame oil, & sugar in a bowl. Toss in the Pac Choi. Top with the cashews.

Serves 4 from "Living w/Martha Stewart" Magazine

Delicata Squash Salad w/Kale & Cannellini Beans

2 Med Delicata Squash,
halved lengthwise & seeded
1 Tbsp plus 1 tsp olive oil
2 Tbsp balsamic vinegar
2 Tbsp honey
1/2 bunch kale, stems removed,
cut in 1" pieces

1 LG shallot, chopped fine
1 clove garlic, minced
1 Tbsp red wine vinegar
1 tsp coarse salt
fresh pepper
1 can cannellini beans,
drained & rinsed (15 oz)

Preheat oven to 400 F. Cut squash into 1/2 " thick semicircles. Toss w/1 tsp oil & spread onto parchment lined baking sheet. Bake until just tender, 15-18 min. Mix together balsamic vinegar & honey. Brush onto squash slices, reserving remaining mix. Bake 5 min. more. Meanwhile, place Kale in LG bowl. Heat remaining Tbsp oil in small saucepan over Med heat. Add shallot & garlic, cook

until slightly softened, about 4 min. Add red wine vinegar & remaining vinegar-honey mix to saucepan, & bring to boil. Immediately pour hot dressing over Kale, & sprinkle w/salt. Season w/pepper. Add squash & beans. Cover, and let stand for 5 min. Toss until Kale wilts slightly. Serve warm or at room temp.
makes 4 servings

from "Living w/Martha Stewart" magazine