

WEEK

16

DEAR CSA MEMBER,

The garden and the work of the garden follow the seasons so closely that we really wouldn't need a calendar to tell us the month. The work moves through each season just like the vegetables move through the seasons. Each one has a time of its own and now as the summer crops finish their run, the fall crops are in abundance. The collards and kale are both growing so tall and thick this year that we have a hard time fitting them in the crates. The winter squash was all harvested last week to cure it in the greenhouses. We will be sending Carnival Winter Squash this week. Carnival is a colorful, Acorn type winter squash. Wash, cut in half and scoop out the seeds. Place upside down on a baking dish with a little water and bake until almost soft. Turn it over and finish off the baking. A pat of butter and honey or maple syrup in the cavity make the squash even sweeter. Enjoy the vegetables-Pete and

Leeks

Top Crop Collards
Biscayne Peppers
Pablano Peppers
Potatoes

Summer Squash

Siberian Kale
Tomatillos
Carnival Winter Squash

Fennel

OPTIONAL
FRUIT SHARE:
Macintosh Apples
McCoun Apples

Stanley Plums

Bartlett Pears

•Winter Squash // // // //

Think of them as good keepers. Winter squash have hard, thick skins. Store in a cool, dark, well-ventilated place for up to one month. You can also incorporate winter squash into a beautiful arrangement for the table. (They won't keep as long at room temperature, but hey, if they're already on your table, you may be inspired to eat them more quickly!) Once squash has been cut, you can wrap the pieces in plastic and store them in the fridge for five to seven days. Be careful when you prepare winter squash. The amount of force you must exert to cut them means any slippage could cause a bad accident. Go slow and be sure that you have a stable working surface. Depending on your recipes, you may be to have peeled, uncooked chunks. It can be hard to do with most varieties. Try this pre-baking method: First pierce the squash to allow heat to escape while it is in the oven, then bake the whole squash at 350 degrees F. until it is just barely tender to the poke of your finger, 20 to 30 minutes. This softens the shell and makes cutting and peeling much easier.

Winter squash "plays" well with these culinary partners: (Courtesy of the Real Dirt on Vegetables)

- allspice, celery leaves, chile, cloves, coriander, cumin, curry, garlic, ginger, marjoram, oregano, parsley, red pepper flakes, rosemary, sage, thyme
- Olive oil, sunflower seed oil
- Butter, cream, Fontina cheese, Gruyere cheese, Parmesan cheese, Pecorino cheese, Romano cheese
- Leeks, onion, quince, radicchio
- Apple, lime, pear
- Brown sugar, coconut milk, lemongrass, wild rice

Winter Squash Salad // // // // //Serves 4 to 6

- 2 medium winter squash
- 1/2 c. olive oil
- 1/3 c. minced fresh cilantro
- 6 T. orange or tangerine juice
- 3 T. maple syrup

- 1/2 tsp. salt
- 1/8 tsp. cayenne pepper
- salad greens (one handful per serving) washed, dried, lightly dressed in olive oil

Preheat the oven to 375 degrees F. Cut squash in half and scoop out the seeds. Place halves cut-sides down on a baking sheet. Bake until tender, 30 to 45 minutes, depending on size. Cool completely. scoop out the soft flesh, and roughly chop. Place the squash in a bowl and set aside. Combine the olive, oil, cilantro, orange juice, maple syrup, ginger, salt and cayenne in a blender or good processor. Blend well. Pour the dressing over squash and toss gently. Chill for at least 1 hour to allow the flavors to combine. Serve on a bed of lightly dressed greens.

Baked Squash with Kale and Pear // // // // //Serves 6

- butter or oil for greasing the pan
- 3 winter squash
- 1/2 c. grated Parmesan cheese, divided
- 1/2 tsp. salt, divided
- 1/2 tsp. fresh ground black pepper, divided
- 1 1/2 T. olive oil
- 1 large leek, chopped (about 2 cups)
- 4 c. coarsely chopped kale
- 1 c. vegetable or chicken stock
- 1/2 red bell pepper, cored, seeded and diced
- 1 tsp. minced garlic
- 1 T. butter
- 1 pear, firm-ripe, peeled, halved, cored and cut into 1/2-inch pieces (about 1 cup)

Preheat the oven to 375 degrees F. Lightly grease a 13 X 9-inch pan with butter or oil. Cut squash in half and scoop out seeds. Place squash halves cut side down on baking sheet; bake until tender, 30 to 45 minutes. Turn the squash halves over and sprinkle with 1/4 c. Parmesan, 1/4 tsp. salt and 1/4

tsp. pepper. Bake for an additional 5 minutes. Heat oil in large skillet over medium high heat. Add leeks, saute until soft, about 5 minutes. Add the kale, stock, bell pepper, garlic and remaining salt and pepper. Bring to boil, cover and cook for 5 minutes. Remove the cover and increase heat to medium-high; cook, stirring frequently, until kale is tender and liquid evaporates, 8 to 10 minutes. Transfer mixture to a bowl and set aside. Melt the butter in large skillet over medium high heat. Add the pear, saute until lightly browned and tender but not mushy, 2 to 3 minutes. Add the pear to the kale mixture and stir well. Spoon the kale and pear filling into squash halves. Top with remaining 1/4 cup Parmesan cheese. Bake for 10 minutes. Serve.

Squash-Apple Soup // Serves 4 to 6

- 2 T. unsalted butter
- 1 large onion, finely chopped
- 3 c. peeled, chopped winter squash
- 2 large apples, peeled, cored, chopped
- 3 c. vegetable or chicken stock
- 1/4 tsp. salt
- 1 bay leaf
- 1 1/2 c. fresh apple cider
- 2 T. firmly packed light brown sugar
- 1/4 tsp. cinnamon
- pinch of ground cloves

Melt butter in medium stockpot over medium. Stir in onion, cover, and sweat 10 minutes. Add squash, apples, stock, salt and bay leaf to pot. Bring to a boil; reduce heat to low, cover and simmer until squash and apples are very soft, 20 minutes. Remove from heat. As the soup simmers, pour cider into a medium skillet. Bring to a boil and reduce to 4 or 5 tablespoons. Remove from heat. Remove bay leaf from stock pot and spoon solids into a food processor or blender. Process until smooth, then stir back into the broth. Add reduced cider and reheat soup, adding brown sugar and spices. Stir to combine well. Serve hot.

Easy Greens with Peanuts // // // Serves 4

- 1/2 lb. chard, kale or beet greens, stems and ribs removed
- 1/2 c. peanuts (toasted if desired)
- 3 T. olive oil or butter
- salt and freshly ground black pepper

Place greens in steamer basket set over 1 1/2 inches boiling water, cover and steam until just tender, 5 to 20 minutes, depending on thickness of leaves. Transfer greens to colander and run cold water over to stop them from cooking. When cool enough to handle, gently squeeze out excess water and chop coarsely. Place peanuts in ziplock bag and crush with a rolling pin or heavy skillet. Heat olive oil or butter in large skillet over medium heat.

Add greens and sauté, stirring constantly, until thoroughly coated and glossy, about 2 minutes. Remove skillet from heat; sprinkle peanuts over greens. Season with salt and pepper. Serve.

Roasted Potatoes with Lemon & Olives // // // // Serves 6

- 2 lb. medium potatoes (about 5), scrubbed and sliced 1/4-inch thick
- 3 T. olive oil, more for the pan
- 1 lemon, very thinly sliced (discard ends and seeds)
- 2 cloves garlic, minced
- 1/4 c. chopped fresh flat leaf parsley
- 1 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/3 c. pitted oil-cured olives

Position a rack in the center of the oven and preheat the oven to 425 degrees F. Generously oil a large baking dish (9X13 works well or use an oval gratin dish). In a large bowl, combine the potatoes, the 3 T. oil, lemon slices, garlic, parsley, salt and pepper; toss well. Spread potato mixture in baking dish in an even layer. Roast, turning the potatoes with a spatula every 20 minute, until most of the potatoes are crisp and gold and the lemon skins are shriveled and caramelized, about 1 hour. Scatter olives over potatoes for the last 3 to 5 minutes of cooking. Serve immediately.

Tomatillo Salsa // // // Serves the gang

- 4-6 tomatillos
- 1 tomato
- 1/2 jalapeno, seeds and ribs removed, chopped finely
- 1 small red onion
- 1 lilac pepper
- 1 clove garlic
- 1 T. olive oil
- 1/2 tsp. coriander
- salt and pepper to taste

Put jalapeno and oil in mixing bowl. Chop up everything else to desired size and add to bowl along with seasonings. Let rest 15 minutes to let flavors marry. Serve with chips.

Tomatillo Salsa #2 // // // // Serves the gang

- 8 tomatillos, husked and washed
- 1-2 fresh jalpenos or paprika chilis, seeded and split
- coriander or basil leaves to taste
- 1/2 small onion, chopped
- salt

Quarter tomatillos. Place in blender with jalapenos, herbs and onion. Process until chunky. Season to taste with salt. Can be made 10 hours ahead and chilled, covered. Bring to room temperature before serving.

CSA NEWS, VIEWS & Q'S Commuter Food

This note comes from Paula Lukats of Just Food: "Apples are New York's second biggest agricultural export (after milk), yet most apples you find in our grocery stores come from Chile, some 5,100 miles away. Eating locally and reducing food miles through your CSA is a way of lessening our impact on the environment while supporting our small farmers and the local economy." Deb adds: "Cortland Apples are great for eating as well as cooking and the McCouns are a good eating apple."

Just Food is Hiring

Just Food has 2 positions available, one is Grants and Communications Manager and the other is Food Justice Coordinator. Visit <http://www.justfood.org> <<http://www.justfood.org/>> for more information.

Nanotechnology

The FDA discusses the issue of Nanotechnology on October 10, 2006. Check the website for details (FDA.gov) Ideally, we should learn about the latest in additives prior to this meeting and let our elected representatives know our thoughts on the matter.