

WEEK

19

DEAR CSA MEMBER,

Cold weather has brought with it frosty mornings. The Kale and Collards seem to wait for this kind of weather. The frost really seems to invigorate the leaves and they are even sweeter tasting. As beautiful as the colors are in the early morning light, picking the freezing cold vegetables isn't a favorite. Slowly the sun warms the fields and you find that the many layers of clothes, that just an hour ago didn't seem like enough, are laying next to the plants as you have moved down the row. This will be the last of the Broccoli. I think that it has been wonderful this year. We never grow really huge heads, but this variety Gypsy, has been a great addition to our planting. The Turnips have grown large and are delicious. The greens are still good enough to send with the roots so if you like the mustardy taste of Turnip Greens, take them from the roots and cook separately. Enjoy the vegetables—Pete

**Leeks
Carrots
Delicata Winter
Squash
Potatoes**

**Thai Hot Peppers Sorrel
Turnips with
Greens
Broccoli
Collards**

**OPTIONAL
FRUIT SHARE:
To be announced**

Sorrel // // // //

(From The Good Herb, by J. Benn Hurley)
Some Irish historians say that sorrel, not clover, may have been the original shamrock, and that it may have been the arrow-shaped, three-cornered sorrel leaf that St. Patrick used as a model for the trinity. Early Egyptians and Romans nibbled on fresh sorrel leaves after overeating, both for their soothing effect on the digestive system and for their diuretic properties. In North America, 200 years ago, sorrel was eaten as "lemonade in a leaf." It's a good source of vitamin C, and used to be taken to prevent scurvy. In this country, sorrel is usually considered an herb, but it is really a leafy green vegetable not unlike spinach. It is much prized in Belgium for its tart, acidic taste, and it's grown in kitchen gardens right next to the spinach.

Freezing and Drying

The advice below applies equally to the sage that still might be hanging around from last week's share. The simplest way to try herbs is to spread them on a tray and place in the oven at its lowest setting with the door ajar. Stir herbs periodically. When leaves crumble when pinched, they are dry. You can also hand bouquet of herbs to dry. Puncture a paper page with air holes. Tie stalks and place herb bunches upside down inside the bag. Hang to dry in a warm, ventilated place. Check herbs daily until dry, about two weeks. Store in a sealed glass jar, away from light and heat, for up to a year. Crush just before using. To prepare herbs for freezing, rinse gently in cool water. Chop leaves fairly coarsely. Don't freeze stalks or flowers. Spoon one tablespoons of chopped herb into each compartment of an ice cube tray, add about an inch of water and place in freezer. Store cubes in resealable freezer bags. You can also rinse whole leaves and place in plastic freezer bags. They'll last for about a year.

Penne with Mushrooms and Sorrel // // // // Serves 4

- 1 T. olive oil
- 12 oz. mushrooms, sliced
- 2 cloves garlic, mashed through a press

- 1 medium onion, sliced
- 1 small chile pepper
- 1 c. chopped tomatoes
- 6 c. hot cooked penne or other pasta, about 3/4 pound dried
- 1/3 c. minced sorrel leaves

Heat a large sauté pan over medium high heat, then pour in the oil. Add the mushrooms, garlic, onion and hot pepper and sauté for about 5 minutes. Stir in the tomatoes and cook until saucy and fragrant, about 7 minutes more. In a large bowl, toss the penne with the sauce and sorrel. Serve warm.

Sorrel Sauce (for fish) // //

- Courtesy of the Peppermill Restaurant in Clearwater, FL
- 1/2 c. chopped fresh sorrel
 - 2 T. dry white wine
 - 3 T. minced green onions
 - 1 c. whipping cream
 - 1 1/2 tsp. fresh lime juice
 - Ground white pepper

Combine sorrel, wine and shallots in heavy small saucepan. Stir over medium heat until sorrel wilts, about 2 minutes. Add cream and lime juice. Boil until reduced to sauce consistency, about 12 minutes. Transfer sauce to blender. Puree until almost smooth. Return sauce to same saucepan. Season with ground white pepper and salt.

Sorrel Vichyssoise // // // // Serves 4 to 6

- 1 c. finely chopped white and pale green part of leek, washed well
- 1/2 c. finely chopped onion
- 2 T. unsalted butter
- 1 pound boiling potatoes
- 4 c. chicken or vegetable broth
- 2 c. water
- 1/2 pound fresh sorrel, stems discarded and shredded coarsely
- 1/2 c. heavy cream or milk

1/4 cup snipped fresh chives, or to taste

In a large saucepan cook the leek and the onion with salt and pepper to taste in the butter over moderately low heat, stirring, until the vegetables are softened, add the potatoes, peeled and cut into 1-inch pieces, the broth, and the water, and simmer the mixture, covered, for 10 to 15 minutes, or until the potatoes are very tender. Stir in the sorrel and simmer the mixture for 1 minute. Purée the mixture in a blender in batches, transferring it as it is puréed to a bowl, and let it cool. Stir in the cream or milk, the chives, and salt and pepper to taste, chill the soup, covered, for at least 4 hours or overnight, and serve it sprinkled with the additional chives.

Sorrel Frittata // Serves 4

1 T. butter
1 onion, minced
1 bunch sorrel, cut into strips
6 eggs
3 T. chopped parsley
2 T. grated Parmesan cheese
1 T. bread crumbs
salt and pepper to taste
1 T. olive oil

Heat butter in medium skillet over low heat. Add onion and cook 5 minutes, or until softened. Add sorrel and cook until wilted. Set aside. In a medium bowl, beat eggs until frothy. Add sorrel, parsley, cheese and bread crumbs. Season with salt and pepper. Preheat broiler. In a medium ovenproof skillet, heat oil over medium-high heat, swirling to coat the pan. Add egg mixture, reduce heat to low and cook, stirring until large curds form. Stop stirring and cook until eggs are set except for top. Place under broiler and cook until golden brown, watching carefully. Do not overcook. Let frittata cool in pan for a minute, place a serving plate over the skillet and invert. Serve.

Easy Turnip Stew /// Serves 4 to 6

3 T. olive oil
3 garlic cloves, minced
1 c. shitake mushrooms, sliced
1 T. red raspberry vinegar (use cider vinegar if no raspberry is available)
1 large red onion, sliced
1 can black beans
2 T. soy sauce
1 large potato, cubed
cleaned greens (and turnips) from one bunch of turnips

Put all ingredients in a large pot, in the order listed. Bring mixture to boiling point, stir, lower heat to simmer, cover and cook for 15 or 20 minutes, or until potato is tender. Serve with crusty bread and/or brown rice.

Carrot Caraway Soup /// Serves 2

1 T. butter
1 onion, chopped,
12 oz. carrots, peeled, chopped.
1 tsp. caraway seeds, crushed in mortar with pestle
1 14-oz can (or more) low salt chicken or vegetable broth
2 T. aquavit (Scandinavian caraway-seed liqueur)
chopped fresh parsley

Melt butter in heavy medium saucepan over medium heat. Add onion and sauté 1 minute. Add carrots; sauté until onion is tender, 8 minutes. Add caraway; cook 30 seconds. Add broth. Cover and simmer until carrots are tender, 35 minutes. Transfer soup to processor; puree. Season to taste. Return soup to saucepan and bring to simmer, thinning with more broth if too thick. Add aquavit. Ladle into bowls, top with parsley and serve.

Spiced Butter-Glazed Carrots ///

Serves 4 to 6

2 T. butter
3/4 c. finely chopped onion
1 1/2-inch piece fresh ginger root, peeled, cut into thin slices and then each slice cut into strips
4 whole green cardamom pods, smashed
1 garlic clove, thinly sliced
1 1/2 lbs. carrots (about 14) peeled, cut on deep diagonal into 1/3-inch thick ovals
1 c. (or more) low-salt chicken or vegetable broth
ground white pepper

Melt butter in medium skillet over medium heat. Add onion, ginger, pods with seeds and garlic. Cook until onion is soft, stirring, 4 minutes. Add carrots, stir to coat. Add broth, bring to a boil. Reduce heat, cover and simmer until just tender, 8 minutes. Uncover, increase heat and boil until butter glazes carrots, tossing occasionally, 5 minutes. Season and serve.

Garlic Breadcrumb-Coated Broccoli ///

Serves 4

2-3 large broccoli stalks (1 to 1 1/4 lbs) stalks trimmed to 4-5 inches long, each stalk halved lengthwise
1/4 c. butter
3 small garlic cloves, minced
1 c. fresh breadcrumbs, from crustless French bread
zest from one lemon

Steam broccoli until tender; drain on paper towels. Melt butter in heavy large skillet over medium low heat. Add garlic and sauté until soft, 1-2 minutes. Add breadcrumbs, sprinkle with salt and pepper and cook until pale golden, stirring often, 5 minutes. Stir in lemon peel. Add broccoli to breadcrumbs and sauté until heated through, turning broccoli to coat, 3 minutes. Arrange on a platter, sprinkle any remaining breadcrumbs over and serve.

CSA NEWS, VIEWS & Q'S

Q: What can you tell me about the peppers and the carrots in this week's share? How should I handle them?

A: Deb says that the Thai Hot Peppers are for decoration only. "These are not an advisable edible, but they are beautiful to decorate with for the fall. These little peppers are some of the hottest peppers around but we grow them for their color for the fall. We have not sent them to the sites before but so many of the members that attended the Farm Visit thought we should send them that we are this year." So look, but don't eat!

As for the Carrots, Deb says: "This variety of carrot is the ugliest, smallest and most difficult carrot we have ever tried. This is a new variety of vegetables that we sampled and would never grow again. The flavor is fine, but they are the most unattractive carrot I can imagine. We seeded them, weeded them, fertilized them, irrigated them and could not just till them back in the earth." Our advice: use them in soups or grate them onto salads or into sandwiches.