

WEEK

21

DEAR CSA MEMBER,

Here's news about and from other CSA members: National Gardening Association 24th Annual Youth Garden Grant Program The National Gardening Association and Home Depot have announced the 24th annual Youth Garden Grant Program. Schools, youth groups, community centers, camps, clubs, treatment facilities, and intergenerational groups throughout the US are eligible to apply. Applicants must plan to garden in 2007 with at least 15 children between ages 3 and 18. Program information and application are available at <http://www.kidsgardening.com/grants.asp> for the November 1, 2006 deadline. CSA member and mom, Francesca Olivieri White's new business, Sagebaby NYC, is in the November In Style magazine. In an "Online Shopping" piece, babybuggy.org founder, Jessica Seinfeld, recommends Sagebaby NYC as one of her top sites (www.sagebabynyc.com).

**Celeriac
Cabbage
Carnival Winter
Squash
Collards**

**Beets
Potatoes
Red Russian Kale
Onions
Parsley**

**OPTIONAL
FRUIT SHARE:
To be announced**

Winter Squash Risotto // Serves 4 to 6

- 6 c. vegetable stock or chicken stock
- 1 c. cooked winter squash
- 1 head radicchio, cut into wedges 1-2" wide
- olive oil
- sea salt and freshly ground pepper
- balsamic vinegar
- 3 T. unsalted butter
- 1 yellow onion, finely diced
- 1 1/2 c. Arborio rice
- 1 c. freshly grated Parmigiano-Reggiano

Mash the cooked squash with a fork to smooth the flesh. Brush the radicchio generously with olive oil and season with salt and pepper. Heat a skillet, add the radicchio, and cook on both sides until wilted and brown, about 5 minutes per side. Douse lightly with the vinegar, then transfer to a cutting board and chop coarsely. When you're ready to begin cooking the risotto, have the stock simmering on a burner. Melt the butter in a wide soup pot. Add the onion and cook over medium heat until wilted and lightly colored but not browned, about 5 minutes. Add the rice, stir to coat, and cook for 1 minute. Turn the heat to high, add 2 cups of the simmering stock, and cook at a lively boil, stirring just a few times. When the first batch is fully absorbed, begin adding stock 1/2 cup at a time, stirring constantly. Once you've used 4 cups in all, stir the squash into the rice. Continue cooking, stirring, and adding liquid until the rice is tender, but still a little resistant, and the sauce is creamy. Stir in cheese. Serve.

Celeriac Gratin // // // // Serves 4

Resembling a turnip, celeriac has a rough, fibrous outer skin and the flavour and aroma of celery, though surprisingly it is actually a member of the parsley family.

- 1 medium celeriac
- 8 fl. oz. double cream/crème fraîche

- 2 fl. oz. white wine
- 1 tsp. garam masala
- salt and pepper

Peel the celeriac and slice thinly, just prior to using, as it discolors quickly. Place the slices in a greased gratin dish. Combine the cream/crème fraîche with the wine, garam masala and seasoning, and pour over the celeriac. Cover the dish with foil and bake for 40 minutes. Remove the foil and cook for a further 20 minutes, until tender and golden. Serve.

Celeriac-Potato Puree // Serves 4

Celeriac gives a rich, earthy taste to the potatoes in this side dish. Great with roasted chicken or turkey.

- 1 quart whole milk
- 2 T. coarse sea salt
- 2 pounds celery root, peeled and cut into 8 pieces
- 1 pound Yukon Gold potatoes, peeled and cut in half
- 8 T. (1 stick) unsalted butter, cut into 8 pieces, at room temperature
- Salt and freshly ground white pepper

Put the milk, 4 cups water, the coarse salt, celery root, and gold potatoes in a medium saucepan and bring to a boil over medium heat. Lower the heat and cook at a simmer until the vegetables can be easily pierced with the point of a knife, 20 to 25 minutes. Drain the vegetables and return them to the pan. Put the pan back over low heat and toss vegetables in the pan just enough to cook off their excess moisture; transfer the vegetables to the work bowl of a food processor. Add the butter and process -- taking care not to overwork the mixture -- just until the puree is smooth and creamy. Season with salt and pepper. Serve.

Chocolate Beet Brownies // Makes 1 batch

"Delicious AND nutritious," says recipe creator Marion Owen (see her webpage for the full story: <http://www.plantea.com/chocolatebeetbrownies.htm>)

- 1/2 c. butter (or 1/4 c. butter and 1/4 c. applesauce)
- 4 oz. unsweetened chocolate
- 4 eggs
- 1 c. brown sugar (packed)
- 1 tsp. vanilla
- 1 c. applesauce
- 1 c. cooked beets, pureed
- 1-1/2 c. unbleached white flour
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1/2 c. wheat germ
- 1/2 c. finely chopped almonds

Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Turn into greased 9x13-inch pan and bake at 350 degrees F. for 30 to 40 minutes. Cool before cutting into squares.

Easy Spicy Kale // // // // Serves 2 to 4

This one-pot recipe is not only easy, it's delicious and may make kale lovers out of dubious I-don't-know-if-I-like-kale guests and family!

- 1 lb kale
- water for boiling
- 2 T. toasted sesame oil
- 2 T. tamari or shoyu
- 2 T. balsamic vinegar
- salt/pepper to taste

Clean and remove tough stems from leaves. Tear or chop into smaller pieces. Boil kale until tender (or steam, if you prefer) in a large pot. When tender, drain kale, then put back in the pot. Add the sesame oil, tamari and vinegar and stir thoroughly to integrate the flavors. Season to taste. Serve hot if possible, but it is just as yummy at room temperature, too.

Puree of Winter Greens // // // Serves 4 to 6

If you don't have all the greens mentioned below, just fill in with the ones you do have.

- 4 c. chicken or vegetable broth
- 1 1/2 c. shredded kale
- 1 c. shredded mustard greens
- 1 c. shredded collards
- 2 c. shredded cabbage
- 4 green onions, chopped
- 1/4 c. minced fresh parsley
- 3 T. canola oil
- 3 T. flour

1-2 c. low-fat milk

Salt & pepper to taste

Bring broth to boil in large, covered saucepan. Add kale, mustard greens, collards, cabbage, green onions, and parsley. Lower the heat to a simmer, cover, and cook until tender, lifting the lid occasionally. Remove from heat and cool slightly. Puree in blender or processor until smooth. Return kale mixture to saucepan and keep warm. In another saucepan, blend oil and flour and cook until bubbly. Add 1 cup of milk and cook until thick, stirring constantly to prevent lumps. Fold milk mixture into kale mixture, adding more milk if it's too thick. Blend well and reheat to just under a boil. Season to taste with salt and pepper. Serve.

Greens-Bulgur Gratin // // // Serves 6 to 8

- 1/2 c. coarse bulgur wheat
- 2 lbs. assorted greens (collards, kale, chard, mustard greens, escarole, spinach)
- 6 large garlic cloves
- 3 T. olive oil
- 1/4 c. grated Parmesan cheese
- 6 oz. chilled mozzarella
- for Topping:
- 1/2 c. fresh bread crumbs
- 1 T. olive oil

In heatproof bowl, pour enough boiling water over bulgur to cover by 1 inch. Cover bowl with a plate to trap steam and let stand 20 minutes. Drain bulgur in large fine sieve, pressing out excess liquid, and transfer to a bowl. Keeping each variety of green separate, tear greens into bite-sized pieces, discarding stems. Still keeping greens separate, wash thoroughly by dunking in a sinkful of water and transfer to a colander to drain. Put coarser greens (kale or collard) into a 5-quart kettle and steam in water clinging to the leaves, over moderate heat, stirring occasionally, until wilted, about 4 minutes. Add delicate greens (escarole, spinach, chard, mustard) to coarse greens and steam, covered, stirring occasionally, until just wilted, 3 to 4 minutes. Drain cooked greens in colander, pressing out any excess liquid. In large heavy skillet, cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season with salt and pepper. Stir in Parmesan and remove skillet from heat. Preheat oven to 400 degrees F. Lightly oil a 1 1/2-quart gratin dish or other shallow baking dish. Spread half of greens mixture in dish. Sprinkle evenly with mozzarella; smooth top with rubber spatula. Spread remaining greens over and smooth top. Make topping: In a small bowl, stir together bread crumbs and oil with a fork until crumbs are evenly moistened. Sprinkle topping over and bake in middle rack of oven 30 minutes or until bubbling and top is lightly browned. Serve.

CSA NEWS, VIEWS & Q'S

Q: How can I get more involved with the sustainable agriculture movement?

A: If you want to turn your personal concern into simple, effective advocacy for national change, the National Campaign for Sustainable Agriculture can help you do it. Join the National Campaign's E-mail Action Alert List! They'll make it easy for you to speak out when your voice is needed most to push for federal agriculture policy that supports sound farming by family farmers, instead of federal subsidies to corporate giants. Go online to <https://www.sustainableagriculture.net/signUpAA.php> to join the National Campaign's e-mail list, and learn more. Get involved, and support our effort to develop a new direction in federal policy that makes sense for both people and the land. While you're at it, check out two National Campaign partner organizations. The Northeast Sustainable Agriculture Working Group approaches food system issues from a Northeast perspective (www.nesawg.org), and the Community Food Security Coalition (www.foodsecurity.org) takes a national lead on community food security, school food and farm to school issues.