

24  
WEEK

DEAR CSA MEMBER,

This is the last delivery for the 2006 CSA season. In your share is Butternut Winter Squash. This variety was described in the seed catalog as small, disease resistant with an exceptional flavor. They are quite small, preformed well this wet and rainy season and the taste is exceptional! Also, there is Red Cabbage. These are small as well, but delicious. Finally, you'll get some ears of Pop Corn. This is a mix of "Smoke Signals," the ears with many colors and "Mahogany" Pop Corn. Let the ears dry for at least 8 weeks. To pop, pick the kernels from the cob and pop in a small amount of oil at the bottom of a pan.

Our thanks to all of you. We wish for you a very happy holiday season and we will see you in the spring. I encourage you to pick up a brochure for 2007 and return it to the site to reserve your membership share for next season. Enjoy the vegetables-Pete and Deb

<b>Carrots</b>	<b>Beets</b>	<b>Sage</b>	<b>Golden Delicious, Fuji and Cameo Apples</b>
<b>Winterbor Kale</b>	<b>Gold Turnips</b>	<b>OPTIONAL</b>	
<b>Red Cabbage</b>	<b>Potatoes</b>	<b>FRUIT SHARE:</b>	
<b>Butternut Winter Squash</b>	<b>Pop Corn</b>	<b>Bosc Pears</b>	
	<b>Garlic</b>		

**Sage-Pineapple Pound Cake** // Makes 4 small loaves  
Rich and aromatic, these little tea cakes make tasty holiday gifts. It's delicious toasted.

- 1 c. butter, at room temperature
- 1 c. sugar
- 1/4 c. honey (light wild flower or sage flower preferred)
- 5 eggs
- 2 T. chopped sage leaves
- 1 tsp. grated lemon peel
- 4 T. well-squeezed, chopped pineapple
- 1 tsp. baking powder
- 2 c. flour

Cream the butter and the sugar until very light and fluffy. Beat in the honey. Add the eggs one at a time, making sure to beat for one minute after each addition. Beat in the sage leaves and lemon peel. Stir the dry ingredients together and add to the butter mixture. Fold these together gently, until just blended. Pour into four miniature loaf pans (6 inches by 3 1/4 inches by 2 inches). Bake in a pre-heated 325 degree F oven for approximately 45 minutes, or until golden brown. (A toothpick inserted in the middle should come out clean.) Cool for 10 minutes on a rack, then turn out of pans and continue to cool.

**Baked Kale and Potatoes and Olives** // // // // Serves 4

The carrot gives this puree some color and a nice hint of sweetness. If you don't want to use the milk called for in this recipes, you can substitute 1/4 cup of the cooking water from the rutabaga and potato pot. You can easily double or triple this recipe to serve a crowd

- 1 1/2 lb. curly kale, washed, thick stems removed
- 1 1/2 lb small potatoes, scrubbed
- 20 oil cured black olives, halved and pitted
- 3 T. olive oil
- 2 large garlic cloves, chopped

- 1/2 c. water
- 1/4 c. vermouth (optional)
- pepper
- lemon wedges for serving

Preheat oven to 350 degrees.F. Stack kale leaves and cut into 1-inch slices; cut potatoes into 1-inch slices. Heat 2 T oil in large casserole. Add garlic and cook until lightly colored. Add potatoes and toss to coat. Add kale, olives, water and vermouth. Bring to a boil. Turn off heat, cover tightly and set in oven.Bake until potatoes are barely tender, about 40 minutes, shaking or stirring occasionally. Add oil to taste. Serve hot or room temperature with pepper and lemon wedges.

**Beet-Carrot Salad** // Serves 4 to 6

- 1 bunch beets
- 5 carrots
- zest of 1 orange
- 1/4 cup fresh orange juice (about 2 to 3 oranges)
- 1 to 2 T. balsamic veingar
- 1/8 tsp. salt
- 3 T. olive oil
- chopped walnuts, optional garnish

Top and peel beets. Grate coarsely with box grater into large bowl. Grate carrots. In a small bowl, combine zest with orange juice. Whisk in balsamic vinegar and salt. Let stand 15 minutes. Whisk in olive oil. Pour over carrot=beet mixture and toss lightly. Sprinkle top with walnuts if desired and serve.

**Spiced Butternut-Apple Soup** // // Serves 4 to 6

- 2 T. olive oil
- 1 medium onion, cut into 1/2-inch chunks
- 2 stalks celey, cut in 2-inch pieces
- 1 butter nut squad (3/ 1/2 lbs) peeled, seed cut into 1/2-inch chunks
- 6 c. vegetable or chicken stock

- 2 tsp. fennel seeds
- 1/2 tsp. cinnamon
- 1/2 tsp. cardamon
- 1 bay leaf
- 3 McIntosh apples, peels, cored, and cut into 1/2-inch chunks
- 2 T. apple cider vinegar
- Salt and white pepper
- Plain yogurt for garnish

In large pot, heat olive oil over medium high heat. Add onion and celery and cook, stirring until tender and lightly browned, about 7 minutes. Add squash and cool an additional 3 minutes. Add stock, fennel seed, cinnamon, cardamon and bay leaf. Bring to a boil, then reduce to a simmer; cook 15 minutes. Add apples and vinegar and continue cooking 12 minutes. Remove from heat and puree in batches in food processor or blender. Season with salt and pepper. Garnish with yogurt, if desired. Serve.

### **Easy Red Cabbage Soup** // // // Serves 4

- 1 T. vegetable oil
- 1 medium onion, halved, thinly sliced
- 2 Gala or Macintosh apples, peeled, diced
- 4 c. cooked red cabbage
- 1 T. pickling spice
- 1 1/4 1/2-ounce can vegetable or chicken broth
- 1 1/4 1/2-ounce can crushed tomatoes
- Salt and black pepper, to taste
- A few drops of liquid smoke (optional)

Place oil, onion and apple in a deep pot. Cook, covered, over medium-high heat 5 minutes, stirring occasionally. Add remaining ingredients. Bring to a boil, reduce heat and simmer 10 minutes before serving.

### **Japanese Carrot Dressing** // //

This is from The Moosewood Restaurant Lowfat Favorites Cookbook. The recipe intro says, "Despite or perhaps because of its complex taste, everyone loves this dressing, the "secret sauce" served on salads at so many Japanese restaurants. We like to use this blend of traditional Japanese ingredients both on mixed green salads and as a marinade for cooked vegetable salads.

- 1 small carrot, peeled and shredded (about 1/2 c.)
- 2 T. mirin
- 2 T. rice vinegar or cider vinegar
- 1 T. soy sauce
- 1/2 tsp. dark sesame oil
- 2 T. minced onions
- 1 T. prepared mustard
- 1 T. grated fresh ginger root (optional)

Whirl all of the ingredients in a blender until smooth. Well covered, it keeps in the refrigerator for about a week.

### **Bean and Kale Soup** // // Serves 4

- 1 bunch kale, trimmed
- 1 tsp. coarse salt, plus additional to taste
- 2 flat anchovy fillets
- 1/4 tsp. fresh rosemary leaves or dried
- 1/3 c. olive oil
- 2 medium garlic cloves, smashed and peeled
- 1 c. cooked small white beans or drained and rinsed canned beans
- 4 c. chicken or vegetable stock
- freshly ground black pepper, to taste
- 1/2 c. small shell macaroni
- freshly grated Parmesan cheese, for serving

In a medium saucepan, cook the kale with 1/2 cup water and the salt over medium heat until tender. Drain the kale, reserving any liquid that remains. Coarsely chop the kale. Very finely chop anchovies together with the rosemary. In a medium saucepan, stir together the oil and garlic over medium-high heat. Cook, stirring frequently, until the garlic is pale gold, about 10 minutes. Stir in the anchovies and rosemary. Cook, stirring for 1 minute. Discard the garlic. Stir in the kale and cook for 2 to 3 minutes, stirring to thoroughly coat it with the oil. Stir in the beans. Cook for 3 minutes. Stir in the reserved cooking liquid and the stock. Season with salt and pepper. Bring to a boil and stir in the macaroni. Boil for 6 minutes, or until the pasta is tender. Adjust the seasoning, if necessary. Serve; pass Parmesan cheese at the table.

### **Oven BBQ Root Vegetables** // // Serves 2

This hearty side dish is a great way to use turnips, mixed with any combination of red onion, carrots, potatoes or parsnips.

- 1 1/4 pound root vegetables, peeled and cut into uniform pieces
- 1/4 c. ketchup
- 1 T. brown sugar
- 1 tsp. grated lemon rind
- 2 T. lemon juice
- 1 1/2 tsp. Dijon mustard
- 1 1/2 tsp. olive or canola oil

Preheat oven to 400 degrees F. Line a baking pan with heavy foil and arrange the vegetables on top in a single layer. In a small bowl, whisk together the remaining ingredients. Brush evenly over the vegetables. Place in the middle shelf of the oven, and roast about 1 hour, turning every 20 minutes and basting with any remaining sauce and pan juices, until the vegetables are charred outside and tender inside. Serve.

### **CSA NEWS, VIEWS & Q'S** **Interested in the Farm Bill?**

"What the 2007 Farm Bill can mean for New York City" will be discussed on Saturday, January 6th at Teachers College from 9 am to 3 pm. A joint project of Baum Forum and The Center for Food and Environment at Teachers College, Columbia University, the program will include plenary sessions and a networking lunch. For more information and ticket prices, please contact [baumforum@aol.com](mailto:baumforum@aol.com).

**Planning to rejoin the CSA for 2007? Let us know! The deadline for reserving your share in advance is the end of the CSA season, Nov. 21st. It's not necessary to pay for your share yet, but we do want to know how many shares we need to reserve for current members, before we open up to people on our waiting list and the general public. There is a discount if you pay before the end of December.**

**Electronics Recycling Jan. 7, 8 am to 4 pm Lower East Side Ecology Center will hold their 4th annual "After the Holiday" electronic recycling collection at Union Square Park—North Plaza. If you have questions, leave a message for Christine at 212-477-4022 or [www.lesecologycenter.org](http://www.lesecologycenter.org)**