

Week 17
A Week

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**TUESDAY
SHARES**

Swiss Chard

Tomatoes— These are probably the last you will see. Use them up quickly as these end of the season tomatoes tend to rot more quickly.

Beans— mixed

A little bit of this!
Turnips, Broccoli, Lettuce, or Eggplant

Carrots

Celery

Cucumber

Garlic

Spanish Onions— a mild, sweeter onion.
Use fresh because they have not been cured to store.

Leek— you will see more of these, so read the leek info and recipe on the back to learn how to make the most of them!

Peppers— Green or Red Bell or Italian Frying and Jalapeños

Hot Peppers/Chilies— Jalapeños, Hot Portugal (long thin red), and/or Twilight (tiny colorful ones).

Herb: Parsley and Lemongrass

Farmer's Field Notes

Fall cooking is THEE most comforting! The depth of the aroma, the full bodied tastes, the warmth of the colors! I love, love, love Fall on the farm, Fall in the kitchen, Fall in the woods...you get my point. What's not to love about the idea of wrapping up the summer and preparing for the long respite of winter? Each year, I put the following tidbits in these newsletters so this year, I am just copying and pasting what I wrote last year...the same

still holds true. In the old days, "Harvest" referred to the season. It wasn't until later (when many people stopped working the land) that the terms "Fall" or "Autumn" came about and the word "Harvest" lost its reference to the season and became known as the action of reaping crops. I love pumpkins, cool weather, blankets, and putting the garden to bed. I like to think that Harvest is my favorite season, but then I see an empty bed and think

about all the stuff I am going to plant in Spring. I realize that I have four favorite seasons! My favorite seasons are: Planning (winter), Planting (spring), Growing (summer), and Harvesting (fall)!

Dayna

Couscous Chicken Soup

1 cup chopped onions
3/4 cup sliced leeks (about 1 medium, white and light green parts only)
1/2 cup sliced carrots (about 1 medium)
1/2 cup chopped celery (about 2 ribs)
1 tablespoon minced ginger
1 tablespoon minced lemongrass (or paste)
2 cloves minced garlic
1/2 teaspoon ground turmeric
4 cups chicken stock
8 ounces cooked chicken, chopped or shredded (rotisserie chicken is great)
1 cup pearl couscous
1/2 of a lemon
salt and pepper
chopped fresh parsley for garnish

Heat one tablespoon of the stock in a 4 to 5 quart Dutch oven or stock pot over medium. When it begins to sizzle, add the onions, leeks, carrots, and celery. Saute until the vegetables are soft, about 6 minutes. Stir in the ginger, lemongrass, and garlic, and heat until aromatic. Sprinkle the turmeric over the vegetables and stir.

Add the stock, chicken, and couscous, and bring to a light boil. Reduce heat to maintain a gentle simmer; cook for 15 minutes. Squeeze the half lemon into the soup, taste, and season with salt and pepper to your liking. Top with parsley before serving.

Taken From: <http://soupaddict.com/2015/01/couscous-chicken-soup/>

Notes: Don't be afraid to use the fresh lemongrass in place of the paste. When cooking with fresh lemongrass, cut off the green leaves and use the base of the stalk. Remove the tough outer layers and then prepare the inner stalk depending on how you're using it. If you're adding it directly to the dish, thinly slice the stalk and blend or pound it to create a soft consistency. Use the whole stalk to flavor soups or other fluids but first pound or bend it to release more of the oils; take the stalk out before serving the dish because the stalk is quite tough. Think of lemongrass as a substitute for ginger or lemon zest. Try making a topping for vegetables or a seasoning for chicken by mixing lemongrass with a little olive oil and garlic and your preferred seasonings such as soy sauce, chili flakes or cilantro.

Leeks are root vegetables that look quite similar to onions, to which they are related. Their flavor is onion-like but much milder. People who avoid this vegetable because they don't like onions should try them – their flavor is mellow and not overpowering, and many onion-haters enjoy them.

Unlike onions, leeks don't form much of a bulb on the end of the root. Instead, they remain cylindrical, with perhaps a slight bulge at the end. The part of that is underground remains tender and white, while the part exposed to the sunlight becomes tough and fibrous and not very good for eating. To maximize the edible part of the plant, farmers mound the dirt up around the sprouting plant; this keeps more of it underground and white, but also means that dirt often gets between the layers, so leeks need careful cleaning before cooking. Julienne (long thin strips) and deep-fry them in a tempura like batter. Crumble them and use them as a topping on soups and salads, like bacon bits.

Freeze them to add when you're making soup stock.

Enclose herbs in a green leek blade and tie into a packet for a bouquet garni.

Add them to a stir-fry. The tough green leaves can withstand the high heat of this method, but must be stirred constantly and cooked briefly.

Use them as a "rack" under roasted meat or chicken. It adds a little flavor to the drippings and raises the meat slightly from the pan. Discard them before using the drippings for gravy.

Add them to the bottom of a bamboo steamer to impart flavor to lean fish and chicken.

Use to make a Leek Tart.

Taken From : <http://www.wisegeek.org/what-are-leeks.htm#didyouknowout>

And

<http://www.mnn.com/food/recipes/blogs/7-uses-for-leftover-leek-leaves0#ixzz3n9kvh3R>

3-4 tomatoes
 ½ a medium onion
 2-3 jalapenos
 Small handful of cilantro
 Juice from 1/2 of a lime (about 3 Tbsp. juice)
 Salt to taste

Optional additions:
 Cumin, mango, pineapple, cucumber, anything

Pico de Gallo

Dice tomatoes and onion; put in a medium bowl.

Slice jalapeno in half lengthwise; remove seeds and dice. (be careful not to touch eyes, as the juices from the jalapeno can burn...my husband does it every time). Add diced jalapeno to bowl, and mix in chopped cilantro and lime juice.

Mix to combine; chill at least one hour to let flavors blend.

Tomato Leek Pie with Quinoa Crust

1 cup uncooked quinoa
 1/2 cup almond meal
 1 tablespoon cornstarch
 3/4 teaspoon kosher salt, divided
 2 tablespoons olive oil, divided
 1 large egg, lightly beaten
 Cooking spray
 2 cups thinly sliced leeks
 2 garlic cloves, minced
 1 pound heirloom tomatoes, seeded and sliced
 1 teaspoon chopped fresh thyme
 2 large egg whites, lightly beaten
 1 ounce grated Parmesan cheese (about 1/4 cup)

Preheat oven to 350°.

Place quinoa on a jelly-roll pan. Bake at 350° for 10 minutes or until golden brown; cool. Place half of quinoa in a food processor; pulse 30 seconds. Transfer to a large bowl. Add remaining toasted quinoa, almond meal, cornstarch, and 1/4 teaspoon salt; stir to combine. Add 1 tablespoon oil and egg; stir until mixture is crumbly but holds together when pressed. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350° for 5 minutes.

Heat a medium skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add leeks; sauté 3 minutes. Add garlic; sauté 1 minute. Combine leek mixture, tomatoes, thyme, and remaining 1/2 teaspoon salt in a medium bowl; let stand 5 minutes. Add egg whites, stirring to combine.

Arrange tomato mixture in crust; sprinkle with cheese. Bake at 350° for 15 minutes or until filling is set. Let stand 10 minutes; cut into 8 wedges..

Adapted From: <http://www.myrecipes.com/recipe/tomato-leek-pie-quinoa-crust/print>

Crispy Roasted Leek Greens

2 cups chopped leek greens (from 3-4 long leek stocks)
 1 tbsp avocado oil (coconut oil or olive oil would work fine)
 1/2 tsp sea salt

Preheat oven to 425 degrees.

Chop the green part of each leek stalk into 1/2 inch rounds. Place chopped leeks in a salad spinner, rinsing with water, and spinning dry.

Transfer leeks into a baking side, sprinkling with 1/2 tsp sea salt, and tossing with 1 tbsp avocado oil.

Once hot, place the leeks in the oven to cook for 15-20 minutes until crispy and browned.

Taken From: <http://www.beyondthebite4life.com/2015/02/paleo-roasted-leek-greens-autoimmune-friendly.html>

Notes: Both tender, crispy, crunchy, and bursting with that beloved onion flavor, these roasted leek greens are fantastic as a side dish, over your main course, or put on top of a salad. That being said, it is important to keep on eye on them when they are roasting, as they can all too quickly