

Week 19
A Week

Volume 2, Issue 19

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TUESDAY SHARES

Winter Squash- Delicata (skinny striped), Carnival (colored acorn type), Acorn, Butternut, Trombicino (butternut with a very long neck), or Pie Pumpkin.

Potatoes- Red and White

Sweet Potatoes

Onions

Garlic

Leeks

Herb: Sage and Rosemary and Lemon Verbena

A little bit of this!

A few things are starting and a few things are ending. There isn't enough for everyone, so I might have thrown it in your bag!

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE WINTER SQUASH, POTATOES, SUNCHOKES, LEEKS, ONIONS, GARLIC AND HORSERADISH IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

Because you are receiving some produce that keep well if stored well, please read last weeks newsletter (available on our website) for tips. Week 16 also featured a recipe for crispy leek greens and tips on using and storing leeks. Next week is the last week! Please remember to fill out your survey and return them. Your responses will help me plan for next year. It is easy for me to look back on the season and reflect, but your perception is what matters the most in the end. For those of you with half shares this week,

this is the end of the season for you so you will find a few extra things in your bags. I hope you've enjoyed it so much that I can expect to see you all next season! This week is the last week to sign up for the Harvest Dinner, so if you are interested incoming, please be sure to RSVP because we will cancel it if we don't get at least four members signed up. Thanks again for enjoying what we've grown!

Dayna

Harvest Dinner with Dayna (CSA members)

Thursday, October 22, 6:30pm - 8:00pm

Join us for a bountiful feast and pick up your last CSA share of the season. Reflect on the season, share input and suggestions for next year.

Suggested Donation \$20 per person. Please RSVP by Friday, October 16th.

Potato Leek Soup

50g (1¾ oz) butter

1 onion, finely chopped

3 leeks, white part only, chopped

1 stalk celery, chopped

1 clove garlic, finely chopped

200g (7 oz) potatoes, peeled and chopped

750ml (26fl oz/3 cups) chicken stock

220ml (7¾ fl oz) double [heavy] cream

30ml (2 tbsp) chives, roughly chopped

Melt the butter in a large, heavy-bottomed saucepan and add the onion, leek, celery and garlic.

Let the vegetables sweat over a low heat until they are softened but not browned. This will take about 12 to 15 minutes.

Add the potato and stock and bring to the boil. Reduce the heat and leave to simmer, covered for 20 minutes.

Allow to cool a little before puréeing in a blender or food processor. Return to the clean saucepan. (If you have a hand blender there is no need to wait. You can blend the soup immediately.)

Bring the soup gently back to the boil and stir in the cream. Season with salt and pepper and reheat without boiling.

Serve hot or well chilled, garnished with chives..

Taken From: <http://www.greedygourmet.com/recipes-by-course/starters/easy-leek-potato-soup/>

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 under ground 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-leaves-0#ixzz3n9kwhe3R>

Clean Eating Stuffed Acorn Squash

1 large acorn squash
1/2 cup chopped sweet potato
1/2 cup yellow onions
1/4 cup chopped apples
1/4 cup dried cranberries
1/4 tsp. dried, ground sage
Salt and pepper to taste after cooking

Cut the acorn squash in half horizontally and remove the seeds.

Mix all the chopped produce together in a mixing bowl with the sage and divide between the two halves. Place a small pat of butter or coconut oil on top of each half for extra flavor.

Bake at 350 F. for about 1 hour, or until the squash is easily pierced with a fork or knife.

Adapted From: <http://www.thegraciouspantry.com/clean-eating-stuffed-acorn-squash/>

Roasted Acorn Squash with Ricotta and Honey

2 acorn squash, seeds removed and cut into quarters (leave the skin on)

1 tablespoon olive oil

1/4 teaspoon kosher salt

1/8 teaspoon cracked black pepper

10 oz fresh ricotta or 8 oz burrata

2-4 tablespoons honey

freshly grated nutmeg

salt and pepper to taste

Preheat oven to 400° F. Cut squash in half, remove seeds, cut each piece in 1/2 for a total of 8 wedges. Place squash on baking sheet and coat with olive oil salt and pepper. Roast in oven for 45-50 minutes until soft and toasty.

Let cool slightly, spoon on a dollop of ricotta or chunk of burrata, drizzle with honey and grate fresh nutmeg on top.

Serve immediately.

Taken From: <http://mattbites.com/2011/12/24/roasted-acorn-squash-with-ricotta-honey/>

Leek and Potato Cakes

6 medium sized potatoes - grated

1 leek - finely chopped

1 clove of garlic, finely chopped

3 eggs, beaten

1/2 cup grated cheese

salt and pepper to taste

herbs - such as mint, thyme, sage and chives - finely chopped

Preheat your oven to 180 C and grease a muffin pan well.

Use the food processor or finely chops the leek, herbs and garlic.

Grate the potatoes and combine with the leek and herbs in a large bowl. Add the eggs and cheese and mix well. Season with salt and pepper.

Spoon the mixture into the muffin pan, filling each space half to 3/4 full. Bake in a moderate oven for 30-40 minutes or until the top is golden and crispy.

Adapted From: <http://picklebums.com/leek-and-potato-cakes/>

How to use Lemon Verbena

Packed with delicious citrus flavor, thinly sliced leaves add zest and aroma to fish, salads, and steamed vegetables. Stuff a jar with lemon verbena leaves, fill it with water, and sit it in the sun to brew a refreshing tea. For hot tea by the cup, steep 1/2 cup of leaves in 1 cup hot water. Use it in to make a lemon herb vinegar alone or as in mixtures with rosemary and thyme.

You can use lemon verbena in place of lemon zest in recipes. Virtually any fruit salad can be enhanced with its finely chopped leaves. Transform cookies or cakes into lemony treats by mixing bruised lemon verbena leaves into sugar the night before baking (strain out leaves prior to mixing recipe).