

Dear CSA Member,

The cold and wet summer has turned into a cold and wet fall. All of the water has been great for the hardwood trees that fill the woods in Greene County. The trees have been able to hold onto many of their leaves throughout the summertime and the weather men on television predict a beautiful fall. I'm not sure how much weathermen know about fall foliage, but locally it seems to be one of their areas of on-air expertise.

There is one last picking of peppers in your share this week. They are small for the most part, but there is a frost predicted for this week and any peppers that were still in the field would be ruined by the cold. There is also one last share of Swiss Chard. This is a marvelous vegetable-it has produced from early spring right up until the fall. The frost will also end the Swiss Chard season for this year.

Carnival Winter Squash is the new winter squash in your bag. This beautiful member of the Acorn Squash family is thicker and denser than the Acorn. Cook it the same as you would any winter squash. Also there is a Baby Bear Pie Pumpkin. The wet weather this summer has made it difficult to store many of the winter squash, pumpkin being one. You should use the pumpkin soon as it is one of the softest of the squash and will not hold for long.

Just a reminder that we will have our annual Farm Open House on October 16 any time from 11:00 until 4:00. Bring a lunch and something to drink, dress appropriately and wear shoes that you don't mind getting dirty. There is usually a member of each CSA group that helps to organize the trip so you might check with the group to see about arrangements. Enjoy the vegetables-Deb
 Orange Carrots-1 bunch Red Ace Beets-1 bunch Radieu Potatoes-1 basket Red Russian Kale-1 bunch
 Garlic-1 head Bright Lights Swiss Chard-1 bunch Baby Bear Pie Pumpkin-1 Carnival Winter Squash-1
 Peppers-6 Biscayne and 5 Bell (mixture of green and lavender)

Baked Squash with Bleu Cheese

Brush a halved acorn or hearts of gold squash with melted butter and sprinkle with dried basil, dill, and thyme. Bake cut-side down in a 375°F oven for 35 minutes or until tender . Remove from oven, turn, add 1/2 to 1 T bleu cheese crumbles per half and return to oven until melted.

Squash/Pumpkin Cookies with Orange or Vanilla Glaze

- 1 1/2 c butter
- 1 1/2 c brown sugar, packed
- 1 c cooked fresh* or canned squash or pumpkin (kuri is excellent for this recipe, acorn, hearts of gold, and butternut also will work)
- 1/2 c grated lemon peel
- 2 1/2 c flour
- 3 t baking powder
- 1 1/2 t pumpkin pie spice**
- 1 c coarsely chopped walnuts
- 2 large eggs
- 11 salt
- 11 lemon juice
- 1/4 t additional ground ginger
- 11 vanilla

Cream butter and sugar until fluffy. Beat in eggs one at a time. Stir in pumpkin, vanilla, lemon peel, and juice. Resift flour with baking powder, salt, and spices. Blend into butter mixture. Stir in walnuts. Drop by tablespoons onto greased baking sheets 2" apart. Bake at 375F for 12 to 14 minutes. Makes about 2 1/2 dozen, 3" cookies.

*puree and seive if necessary

**Per teaspoon: 1/2 t ground cinnamon, 1/41 ground ginger, 1/8 t ground nutmeg, and 1/8 t ground allspice For Orange Glaze:

Combine 6 oz room temperature butter, 12 oz confectioner's sugar, 1 T finely minced orange zest, and 3 T orange juice. Spread on cooled cookies. For Vanilla Glaze:

Combine 2 c confectioner's sugar with 1 T melted butter, and 11 vanilla extract. Add up to 3 T milk, as necessary to reach drizzling consistency.

Curried Squash and Mushroom Soup *adapted from The Moosewood Cookbook*

- 3 small acorn, hearts of gold, and/or kuri squash
- 2 1/2 c water or stock
- 2 T butter
- 1/2 c chopped onion
- 1 med. clove garlic, crushed
- 1 1/41 salt
- few dashes of cayenne
- 1/2 t ground cumin
- 1/2 t ground coriander
- 1/2 t ground cinnamon
- 3/41 ground ginger
- 1/4 t ground dry mustard
- 6 oz fresh mushrooms, sliced
- 1 c orange juice
- optional: fresh lemon juice
- optional garnishes: yogurt, toasted almonds

Split the squash lengthwise and bake face-down on an oiled sheet at 375 degrees F until soft, about 30 minutes. cool and scoop out flesh. You will need about 3 cups. Puree with the water or stock in a food processor until smooth. Heat butter in a soup pot; add onion, garlic, salt, and seasonings. Saute until onion is soft. Add mushrooms, cover and cook 10 minutes. Stir in squash puree and orange juice; heat gently. Adjust seasonings to taste. Stir in lemon juice, if desired. Soup does not have to be served immediately, and will hold on stove top. Serve as is, or topped with yogurt and/or almonds.

Swiss Chard Rice with Baby Carrots

1 cup basmati rice (or your favorite kind) 1 bunch Swiss chard, washed and cut into pieces 1 ½ cups water
2 T coconut or olive oil or unsalted butter 4 whole cloves, ground 1/8 t cinnamon 8 baby carrots
½ t Brittany sea salt 4 large garlic cloves, minced 1 small onion, peeled and thinly sliced

1. Wash and soak the rice. Drain and set aside.
2. Place the chard leaves in a small dry skillet.
3. Stir and cook over medium heat until wilted, about 5 minutes. Transfer to a food processor or blender with 1/2 cup of the water and blend into a smooth puree. Set aside.
4. Heat 1 T of the oil in a 2 1/2 to 3-quart saucepan over moderate heat. Add the cloves and cinnamon. Stir until aromatic, about 30 seconds. Immediately add the carrots and rice and stir-fry
5. for 4 to 5 minutes.
6. Add the leafy green puree, the salt and remaining 1 cup water.
7. Bring to a boil, reduce the heat to low, cover, and simmer until the rice is tender, 15 minutes. *
8. While the rice is cooking, fry the onion and garlic in the remaining 1 tablespoon oil until brown. Set aside.
9. Remove rice from heat and let stand, covered, for 5 minutes.
10. Fluff with a fork and transfer to a heated serving platter.
11. Garnish with the fried onion and garlic. Serve hot or warm

KANSAS QUICHE

1 bunch chard, kale or any other cooking green, chopped 1 med. chopped zucchini (optional) 1/2 onion or 1/2 bunch leeks, chopped 3 whole eggs or substitute 1 egg white ½ c organic skim or low fat milk or soy or rice equivalent 1 ½ c grated Swiss, mozzarella or soy cheese ½ t Brittany salt Freshly ground pepper
1/2 to 1 t of Herbs to your taste - try dried or fresh - like basil, oregano or marjoram

1. Steam cooking greens, squash, or a combination with onions until tender. Set aside to cool slightly, preheat oven to 375 degrees
2. Beat eggs thoroughly then add milk, grated cheese, salt, pepper, and herbs.
3. Blend in steamed vegetables and mix together well.
4. Pour into medium-sized oiled casserole dish and bake, covered, until set - approximately 30 to 40 minutes.
5. Dill, cilantro, arugula, slivered radishes or peas might appeal to you as a topping

Summer Lasagna:

Yields: Serves 8

Vegetarian

1 T olive or coconut oil 2 to 4 cloves garlic, minced or pressed 1 medium onion, chopped 2 summer squash or zucchini 1 T basil (or 11 dried) 1 quart tomato sauce 9 lasagna noodles 1 bunch kale (or other cooking greens) 1 1/2 c lowfat cottage or Ricotta cheese 1 beaten egg white 1/4 t Brittany sea salt Freshly ground black pepper 1/2 lb Mozzarella, grated ½ c grated Parmesan cheese

1. Heat oil in large saucepan or deep skillet over medium heat and saute garlic, onion, and zucchini until just barely tender.
2. Stir in basil and pasta sauce and allow to simmer over low heat while you prepare the rest of the lasagna.
3. Cook lasagna noodles in boiling water until just barely tender. Drain and rinse with cold water (I like to lay my cooked noodles out on the clean counter so they won't stick together).
4. Wash kale or cooking greens well, trim the tough stems, and steam or boil whole leaves until they are just tender.
5. Drain leaves well, squeeze out excess water, and chop.
6. Mix cottage or Ricotta cheese and egg white together thoroughly. Season with salt and pepper. Blend in the greens. Now you're ready to assemble - the fun part! Preheat oven to 350'.
7. Place 1/4 cup of the sauce in the bottom of a 9 x 13-inch baking pan. Line the bottom of the pan with 3 of the cooked Lasagna noodles. Spread half of the cottage or Ricotta cheese mixture on top of the noodles. Cover this with half of the Mozzarella. Top this with a third of the sauce, spreading as evenly as possible.
8. Repeat with three more noodles, the remaining cottage or Ricotta cheese, the remaining Mozzarella, approximately half of the sauce you have left, and cover all this with the last three noodles. You should have just enough sauce to cover the top of the noodles.
9. Sprinkle with Parmesan. Cover pan with foil and bake for 40 minutes. Remove foil and bake another 10 to 15 minutes, uncovered.
10. Remove from oven and allow to sit several minutes before serving.

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