

Dear CSA Member,

As the end of the season draws closer the cold seems to intensify two fold each week. The fields are cold and very wet, even without a rain. The dew that collects overnight covers everything and we need to wear our rain suits and rubber boots just like during a rain storm. Looking around the field we marvel at the Kale and Collards. When everything else seems to be shivering, these two beauties thrive. There is a waxy covering on the leaves of the plants that must protect them from the frost and the water rolls off the leaves so they look as fresh as if they were just washed.

We plant enough greens to take us through the end of the season and so you will receive either Kale or Collards. or both until the end of November. If it seems like more than you can use during the week you can easily freeze any left over. Wash, cut and steam the greens until just wilted. Drain, cool and put in zip lock bags to freeze until you need them during the winter months.

Enjoy the vegetables-Deb

Carrots-1 bunch Potatoes-1 basket Delicata Winter Squash-2 Collards-1 bunch Parsley-1 bunch Globe Top Turnips-1 bunch-for the most part the greens are still OK and you can remove them, sort and use them as a cooked green if you like Onions-4 Baby Bear Pie Pumpkin-1 Green Cabbage-1 head Optional Fruit Share-1 bag-Bosc Pears, Jona Gold Apples-red with yellow tint-large size. Empire Apples-red with purple tmt-smaUer size, Mutsu Apples-yellow/green

PUMPKIN SOUP WITH HONEY AND CLOVES

2 tablespoon (1/4 stick) butter
 2 large carrots, chopped
 2 celery stalks, chopped
 1 large onion, chopped
 1 2-pound pumpkin peeled, seeded, chopped (about 6 cups)
 6 cups (or more) chicken stock or canned low-salt broth
 5 whole cloves
 1/2 cup whipping cream
 2 tablespoons honey

Melt butter in Dutch oven over medium-high heat. Add carrots, celery and onion; saute until tender, about 8 minutes. Add pumpkin, 6 cups stock and cloves. Cover and simmer until pumpkin is very tender, about 25 minutes. Discard cloves. Puree soup in batches in blender. Return to Dutch oven. Stir in cream and honey. Bring to simmer. Season to taste with salt and pepper. (Can be made 1 day ahead. Chill. Bring to simmer before serving, thinning with more stock, if desired.)

TURNIPS WITH BREAD CRUMBS AND PARSLEY

4 small turnips (about 3/4 pound), peeled
 1 tablespoon unsalted butter

2 tablespoons fresh bread crumbs
 2 teaspoons minced fresh parsley leaves
 1/2 teaspoon freshly grated lemon zest

In a large saucepan of salted boiling water cook turnips 15 minutes and drain. When turnips are cool enough to handle, cut each into 8 wedges. In a large skillet cook turnips in butter over moderate heat, stirring occasionally, until almost tender and golden on the edges, about 10 minutes. Stir in bread crumbs, parsley, zest, and salt and pepper to taste and cook, stirring occasionally, until turnips are tender, about 5 minutes

STIR-FRIED CABBAGE

2 tablespoons vegetable oil
 1 tablespoon minced peeled fresh ginger
 1 2-pound green cabbage, quartered, cored, very thinly sliced
 6 green onions, chopped
 1 tablespoon oriental sesame oil

Heat vegetable oil in heavy large pot over medium-high heat. Add ginger and stir 30 seconds. Add half of cabbage and toss until wilted, about 4 minutes. Add remaining cabbage, green onions, and sesame oil. Toss until all cabbage is crisp-tender, about 4 minutes. Season to taste with salt and pepper, serve.

POTATOES WITH PARSLEY AND ONION

1 cup sliced green onions (about 5) 1 cup coarsely chopped Italian parsley

1/3 cup olive oil
 1 1/2 to 2 1/4 pounds medium-size red potatoes, rinsed, unpeeled

Using knife, finely chop green onions and parsley together on cutting board. Transfer to small bowl. Mix in oil. Meanwhile, cook potatoes in pot of boiling salted water until tender, about 25 minutes. Drain potatoes. Cut potatoes into 1-inch cubes; place in large bowl. Season potatoes generously with salt and pepper. Mix in green onion mixture. Serve hot, or let stand up to 2 hours and serve at room temperature.

QUICK CREAMY POTATO SOUP

8 slices bacon
1 cup chopped onion
4 cups cubed potatoes
2 (10.75 ounce) cans condensed cream of chicken soup
2 1/2 cups milk
salt to taste
ground black pepper to taste
1 teaspoon dried dill weed
sprinkle on top to garnish

In a large saucepan, cook bacon until crisp. Remove bacon, and set aside. Drain all but 3 tablespoons bacon fat from the pan. Brown onions in bacon fat over medium heat. Add potatoes, and enough water to cover. Cover and cook until potatoes are tender, 15 to 20 minutes. Stir together soup and milk until smooth; add to potato mixture. Heat, but do not boil. Add salt and pepper to taste, and stir in dill weed. Crumble bacon; stir in just before serving soup, or

SMOKY COLLARD GREENS

1 tablespoon olive oil 1 cup chopped onion 2 cloves garlic chopped 1 tablespoon brown sugar
1 tablespoon molasses salt and ground black pepper to taste 2 pounds collard greens rinsed and trimmed
1 tablespoon liquid smoke flavoring

Heat oil in a large pot. Saute onion and garlic until onions are translucent. Place chopped collard greens in pot, and add water to cover. Stir in brown sugar, molasses and liquid smoke. Season with salt and pepper. Bring to a boil, reduce heat, and simmer 30 to 40 minutes, or until greens are tender.

Note: Liquid smoke is produced by burning hickory chips, then condensing the smoke into a liquid form. The liquid is then filtered to remove all impurities. You can find it in most grocery stores in the section with the barbeque sauce and steak sauce. Some brands are more concentrated than others, so use sparingly, and season to taste.

SQUASH PIE

- **1 recipe pastry for a 9 inch single crust pie**
- **1 cup white sugar**
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- **1 pinch salt**
- 1 tablespoon butter, melted
- 1/2 **teaspoon ground** ginger
- 2 cups hot milk
- 2 pounds butternut squash
- 3 eggs

1. **Preheat oven to 425 degrees F (220 degrees C). In a small** saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. Measure out 2 cups of mashed squash and refrigerate remaining leftover amount.
2. Mix sugar, salt, and spices. Blend in milk, squash, eggs, and butter or margarine. Pour filling into unbaked pie shell.
3. Bake at 425 degrees F (220 degrees C) for 40 minutes, or **until a** knife blade inserted in the center comes out clean

Winter Squash in Every Way

There are dozens of varieties of winter squash — from softball-sized acorn and sweet dumpling to beach ball-sized Hubbard and banana. No matter which kind you're buying, select squash that's heavy for its size and has a dull rind: shiny skin tells you that the squash was picked before it had time to grow ripe and flavorful. Store winter squash in a cool, dry place until you're ready to make it into something delicious.

- **Decisions, decisions.** First of all, don't bother eating bland field pumpkins - that is, the kind sold for carving jack o' lanterns. Instead, select the little dark orange variety called sugar pumpkins. Most other winter squash varieties vary only slightly in flavor and texture: sugar pumpkins, as well as butternut, acorn, delicata, Hubbard, kabocha and dumpling squash can all be used interchangeably in recipes. The only common variety that requires unique treatment is the stringy-fleshed spaghetti squash.
- **Squash, the Easy Way.** Butternut and delicata squash have fairly thin skin, making them easy to peel when raw. For most other varieties, don't waste your time or risk losing a finger by trying to wrestle the peel off of them while raw; just cut them in half or quarters and bake them at about 375 degrees F (190 degrees C) For squash puree, let it cook until the flesh is really soft, then scoop it out of the shell and run it through the food processor. To serve the squash in cubes, bake it just until tender, then cut it into wedges the way you would a cantaloupe, and trim the flesh away from the skin with a paring knife.
- **Serving Squash.** Pureed squash is most often used in pies, cookies, cakes and breads, but give it a try in savory dishes like soups, sauces, mashed potatoes or risotto. Cubed, roasted squash is wonderful when topped with brown sugar and dried cranberries, or sprinkled with breadcrumbs and Parmesan cheese. It's also exquisite when tossed with pasta and accented with other fall flavors like sage, bacon, and sauteed leeks and mushrooms Or, make a marvelous salad by tossing chilled squash cubes with mixed greens, red onions, dried cherries or figs, and roasted pumpkin seeds

**REGISTER FOR NEXT YEAR NOW AND RECEIVE A DISCOUNT ON YOUR SHARE FOR 2005 VISIT US AT
WWW.WESTCHESTERCSA.ORG**