

Dear CSA Member,

It is already November and there are only 4 deliveries, counting today, left for the 2004 season. Most of the CSA sites have signup brochures for next year and we hope you take the time to renew your membership early. We tried a new variety of kale this year that you will receive in your share this week. The name is "Red Bor" and it is Just beautiful. The color intensified with each cold snap. It was one of the favorite varieties of the insects early on so we figure it must be sweeter and more tender than the others. We know what the insects think so we'll look forward to your comments about the new variety of kale. Enjoy the vegetables-Deb

Carrots-1 bunch Potatoes-1 basket Red Bor Kale-1 bunch Scallions-1 bunch Beets-1 bunch Garlic-2
Celariac-1 bulb Cabbage-1 head Butternut Winter Squash-1

Optional Fruit Share-1 bag-Bosc Pears, Jona Gold Apples-red with yellow tint-large size. Empire Apples-red with purple tint-smaller size. Golden Delicious Apples-yellow

We had a terrible time with the Butternut this year. Due to the Organic Standards we need to purchase Certified Organic seed when the variety is available and so we did with the Butternut. It was a new seed source for us. We have had some disasters with seed in the past and now we add Butternut to the list. Only 1/3 of Ac seed germinated and then most of it was not suitable for members. We will search for a different source of Butternut seed for next year. At least everyone will receive one week of Butternut. The Acorn, Delicata and Carnival all did great.

ABOUT CELERIAC

One of the bonuses of this time of year is all the hearty vegetables it brings us, which satisfies our cravings for warming comfort foods. The celeriac season stretches from September through to April, making it ideal ingredient to enhance those imaginative Christmas recipes. Originating from Europe, the celeriac was introduced to Britain in the 1700's by an enterprising seedsman. Although it is still a much favored ingredient on the continent, celeriac has been sadly neglected by the British cook. It remains a fairly elusive vegetable, plagued with an ugly appearance and general uncertainty over how to use it. Resembling the turnip in appearance, celeriac has a rough, fibrous outer skin and the flavor and aroma of celery, though surprisingly it is actually a member of the parsley family. Choose celeriac which is pale, of medium size with a slight greenish coloring on the top, with no visible wrinkling. Celeriac provides us with potassium, calcium and vitamin C, and contains just 14 calories per 100g. Celeriac has a wonderful ability to absorb flavors, and is infinitely tastier than celery. The whole bulb can be eaten, and the leaves are excellent for flavoring soups. To cook, peel the skin as thinly as possible, as the goodness lies beneath it and sprinkle with lemon juice to prevent discoloring. Unlike most root vegetables, which are brought to the boil from cold, celeriac must be added to boiling salted water and then brought back to a simmer. Cut into slices or cubes and cook for 10 minutes. Raw celeriac can be used shredded in salads, but is best if first blanched in boiling water for a few seconds then refreshed in cold water to remove the slightly bitter taste.

Celeriac And Pear Soup SERVES 4

1 tbs / 15ml vegetable oil
8oz/225g onions, finely chopped
2 cloves garlic
2 bay leaves

1 medium celeriac, peeled and chopped
¼ pint / 150ml pear juice
½ pint / 850ml vegetable stock
1 large potato, peeled and chopped
salt and freshly ground pepper

1. Heat the oil, add the onion and sweat for about 5 minutes. Add the garlic and bay leaves. Continue to cook on a low heat for about 10 minutes.
2. Add the celeriac, potato and liquid and simmer for about 30 minutes.
3. Remove bay leaves and liquidise the soup and pour it back into the pan.
4. Season and reheat to serve.

Celeriac Thins Serves 6

A simple snack with a difference!
10oz/275g celeriac, peeled oil for deep-frying
sea salt
fresh coriander

Cut the celeriac into ¼ inch (5mm) chips.
2. Pat dry and deep fry for 2 minutes, then remove from oil.
3. When you wish to serve, fry off once again for 1 minute then quickly turn out on to kitchen paper, and sprinkle generously with sea salt and freshly chopped coriander. Serve immediately.

ATTENTION MEMBERS: WE HAVE ATTACHED A REGISTRATION FORM FOR NEXT YEAR. You can reserve a share at the discount price by bringing us a \$100 deposit by the end of this season. We hope you have enjoyed your veggies this year. There are 3 more weeks left after today. The best to you all. Nicole and Danielle.

Roasted Garlic Bulbs

Fresh, local garlic bulbs - 1 per serving Procedure:

Cut top off of garlic bulb, rub with olive oil, then wrap with foil. Roast in oven at 400 for 45 minutes. When just cool enough to handle, remove softened roasted garlic paste from bulb by squeezing it with a wide blade knife. Add to mashed potatoes, soups, salad dressings, pasta sauces, toasted french bread, bagels, meat, poultry, or fish sauces. For an appetizer course, serve whole warm garlic bulb with locally produced goat cheese and bread.

Winter squash & apple compote (serves 8)

2 cups peeled and cored apples (e.g., Honey crisp or Fireside), large dice
2 cups peeled & seeded butternut squash, large dice
1/2 cup raisins or dried cherries

1/2 cup honey
1/2 cup red wine
2 tsp. gr. cinnamon
1 1/2 tsp allspice
1/4 butter, melted

Method: Preheat oven to 400 F. Put apples and squash in a sheet or cake pan and coat with the melted butter. Bake in oven for 30 minutes stirring until all sides have browned. Meanwhile, heat red wine & honey together in a large sauce pan, add the raisins, spices, and cook until the raisins become plump. Add the apples & squash to the pan and continue to cook until the squash begins to fall apart. Set pan aside and keep warm to serve with pound cake, ice cream, or waffles.

Gingered Carrot Soup

(Serve this as a thick sauce over rice for a simple supper.)

medium-large 2 lbs. carrots
4 cups water
1 tbs. butter
1 and 1/2 cups chopped onion

2 medium doves garlic, minced
2 tbs. freshly grated ginger
1 and 1/2 tsp. salt
1/2 tsp. each cumin, ground fennel, cinnamon, allspice, dried mint
3 to 4 tbs. fresh lemon juice 1 cup lightly toasted cashews
OPTIONAL: buttermilk, to drizzle on top

Peel and trim carrots, and cut them into 1 -inch chunks. Place in a medium-large saucepan with the water, cover and bring to a boil. Lower the heat, and simmer until very tender (about 10-16 minutes, depending on the size of the carrot pieces). Meanwhile heat the butter or oil in a small skillet Add onions and saute over medium heat for about 5 minutes. Add garlic, ginger, salt, and spices. Turn heat to low, and continue to saute for another 8-10 minutes, or until everything is well mingled and the onions are very soft. Stir in lemon juice. Use a food processor or blender to puree everything together (including the toasted cashews). You will need to do this in several batches. Transfer the puree to a kettle and heat gently just before serving. If desired, pass a small pitcher of buttermilk, for individual drizzlings.

Chilean Squash

From the Moosewood Cookbook by Mollie Katzen
4 cups cooked winter squash or pumpkin, mashed or pureed
1 cup chopped onion
1-1/2 cup chopped mixed red and green pepper
2-3 large cloves crushed garlic
1 tsp ground cumin
4 beaten eggs

1/2 tsp. coriander
2 cups corn (fresh or frozen)
dash of cayenne, to taste
1/2 tsp. chili powder
1 cup grated Cheddar cheese
dash of black pepper
1 tsp salt
2 tbs olive oil

Saute onions, garlic and spices in olive oil until onions and garlic are translucent. Add peppers and salt. Cover and cook 5-8 minutes. Add sauté to mashed squash, along with corn and beaten eggs. Mix well. Taste to correct seasonings. Spread into a buttered 2 quart casserole bake at 350 for 20 minutes covered, then 15 minutes uncovered.

Kale Skillet Cakes

1 cup flour
1 cup fine yellow cornmeal
1 teaspoon salt, or to taste
2 cups fresh or thawed frozen corn
2 cups finely chopped, firmly packed kale

2 large eggs
2 tablespoons melted butter or olive oil
2 cups milk
1 cup diced onion (optional)
Butter or oil for frying

1. In a large bowl, mix the flour, commeal, salt, corn and kale.
2. In a medium bowl, lightly beat the eggs, melted butter or oil, and milk to combine. Pour wet ingredients into dry and mix briefly.
3. Heat butter or oil in a large frying pan. Add the onion, if using, and saute until golden.
4. Add the sauteed onion to the batter, mix again, then drop about 1/4 cup batter per cake into the hot skillet, adding more oil or butter as needed to keep cakes from sticking. Cook until cakes begin to bubble, about 3 minutes, then flip and cook until the other side is golden, 1 or 2 minutes longer.