

Dear Member,

The fall rain we have been waiting for seems to have all fallen in one day. We were deluged with almost 7 inches of rain during the weekend but it was quickly swallowed up by the dry earth.

During the winter months there are many educational events that farmers can attend and last year I attended an Organic Seed Production Seminar. You never know just what you'll come away with from these events and luckily this time it was a very specific Broccoli cultivar. One of the major hurdles we face as organic growers is the accessibility of quality organic seed in cultivars that will grow well in organic growing conditions. Broccoli seeds and seeds for most of the members of that family like cauliflower and cabbage have been bred for conventional growing conditions. Organic conditions are very different and the plants just don't perform very well. We have been frustrated for years trying to grow broccoli that will actually head up in the fall. Many farmers present at the seminar expressed the same frustrations and hopefully the seed companies in attendance were listening. One farmer spoke up and said that he had good success with the broccoli cultivar "Gypsy" for fall production. We gave it a try and finally have broccoli in the field. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Green Cabbage-1 head Potatoes-1 basket Biscayne Sweet Pepper-4
Red Ace Beets-1 basket Leeks-4 Delicata Winter Squash-2 Broccoli-2 heads Parsley-1 bunch
Baby Pumpkin-1 **these are a very small pumpkin that seem to be a better decoration than cooking pumpkin.**
You could use them to make pumpkin bread or pie, but I think that Acorn or Butternut Winter Squash has a better flavor and smoother texture for cooking.

Hot Peppers if you like-**there will be a bag of mixed Jalapeno and Habanero Hot Peppers for members that like the very hot peppers. They will burn, so be careful. (Use gloves while taking out seeds)**

Optional Fruit Share-Plums, Pears and new apples Cortland and Golden Delicious. The Cortland are good for cooking and eating and the Golden Delicious are great eating.

CABBAGE, CARROTS, AND ONIONS WITH SESAME

6 tbsp. sesame seeds 3/4 tsp. salt 3 tbsp. toasted sesame oil 1 bunch green onions
1 lg. carrot thinly sliced 1 head green cabbage coarsely chopped

Combine the sesame seeds and salt in a blender. Grind until they achieve the consistency of coarse meal. This is called gomasio or sesame salt. Set aside. Heat a medium-sized wok or large deep skillet. Add the sesame oil and the onions. Stir-fry over med-high heat for a couple of minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add carrots and the cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10-15 minutes). Sprinkle in the remaining gomasio, and serve. Serves 4.

Garlic Gingered Broccoli with Toasted Pumpkin Seeds

3 cloves garlic 6 cups water
5-inch piece ginger root 1 TB olive oil
1 bunch broccoli 2 TB. tamari soy sauce

Finely grate garlic. Squeeze the juice from the ginger and set aside. Wash and cut your broccoli into florets. You can use the stems, but it will take longer to cook. Add 6 cups water to a pot. Bring to boil. Drop your broccoli in, and quick boil for about three minutes. Remove from water and give them a quick rinse. Heat skillet with oil, add garlic and sauté for a few seconds before adding broccoli. Saute them together, add tamari soy sauce and ginger juice. Let these aromas fuse for about 5 minutes. That is all it takes to create this beauty. OPTIONAL: Try his dish with cauliflower or Brussels sprouts

CARMALIZED CABBAGE WITH NOODLES

1 TB butter 4 TB extra virgin olive oil 1 lg sweet onion, thinly sliced 2 cloves of garlic, minced
1 head of green cabbage, cored and shredded 1 TB honey 1 tsp fresh ground pepper 2 TB poppy seed
1/4 pound whole wheat noodles (or soba or udon)

Heat the butter and oil. Cook the onion until very soft, about 10 minutes. Add the garlic and cabbage and cook until limp, about 5 minutes. Stir in the honey and continue cooking until the cabbage turns golden brown, about 20 minutes. Stir in the pepper and poppy seed and toss with the noodles.

DEB'S WINTER SQUASH SOUP

4 tablespoons butter 2 cloves garlic, mashed 4 teaspoons curry 1/2 teaspoon ground ginger
2 medium winter squash, peeled and diced 2 apples, peeled and diced 3 cups chicken stock
1 cup cider salt and pepper to taste

Melt butter in a stockpot. Add onions, garlic, ginger and curry and cook for 20 minutes on low heat. Add the winter squash, apples and chicken stock. Simmer 25-30 until tender. Add cider and salt and pepper to taste. Serves 8.

Parsley is a remarkable source of nutrition: it contains several times the vitamin C of citrus, is one of the highest sources of vitamin A, chlorophyll, calcium, sodium, magnesium, and iron. Promotes urination and dries watery mucous conditions; Good for the treatment of obesity, swollen glands, edema, and kidney stones. Parsley improves digestion. Use like any other green in salad or stir-fries; chop over pasta; throw into soups or stews.

To store: Wrap in a damp towel and store in frig. Or place upright in a container with an inch or so water at the bottom in frig, will keep for 2-3 weeks like that.

BEET SALAD

Serves: 4

1 bunch beets - top and bottom removed

1/2 Tbls. olive oil

1/4 Tbls. lemon juice

1/4 oz. white wine vinegar

1/4 Tbls. honey

1/4 oz. dijon mustard

1/4 tsp. dried thyme

1/8 cup vegetable oil

salt and black pepper - to taste

1 heads Belgian endive

feta cheese - crumbled

1/2 lb. spring mix lettuce

-Coat beets with oil.

-Roast in 450 degree oven on a sheet pan for approximately 45 minutes or until tender.

-Cool, peel, and dice.

-Combine next five ingredients in a blender. While blender is running slowly add oil.

-Season to taste with salt and white pepper.

-Set aside.

-Place three endive leaves symmetrically on each plate.

-Toss spring mix with blended mixture.

-Divide between plates, top with diced beets and feta cheese.

Squash and Savoy Cabbage with Toasted Sesame Seeds

The naturally sweet flavors of the squash, cabbage, and onion are rounded out by the nuttiness of toasted sesame seeds and dark sesame oil. I particularly enjoy this with brown rice.

2 teaspoons vegetable oil

1 teaspoon dark sesame oil

5 cups (1/2-inch) cubed peeled butternut squash (about 2 pounds)

1 cup diced onion

8 cups coarsely chopped Savoy or green cabbage

1/2 cup water

3/4 teaspoon salt

2 tablespoons sesame seeds, toasted

1 tablespoon low-sodium soy sauce

Heat oils in a large nonstick skillet over medium-high heat. Add squash and onion; sauté for 7 minutes or until lightly browned. Stir in cabbage, water, and salt; cover and cook 5 minutes or until tender. Stir in sesame seeds and soy sauce. Serve immediately.