

Dear Member,

Welcome to the long awaited garlic for 2005. The garlic planting was one of the casualties of the flood we had this past April. Garlic is planted the October before harvest and overwinters in the field so when the flood waters came the garlic was the only crop that was planted and sustained any damage. Along with some precious top soil, about 1/4 of our garlic planting was washed away. The rest of the garlic was left holding on by the roots but fully exposed. We had to replant all of the garlic that was left in the field and wait to see what our harvest would hold. We didn't know if the the cloves would rot because of the water, not grow or be stunted because they had been unearthed

Fortunately the bulbs grew and the garlic is a nice size and is delicious. We had to wait to hand out the garlic until we had divided the cloves and planted next years crop. The garlic is now all planted for 2006 and the remaining garlic will be in your share over the next three weeks. Enjoy the vegetables-Pete and Deb

**SHARES INCLUDE:** Potatoes-1 basket    Garlic-2    Red Russian Kale-1 head    Butternut Winter Squash-1  
Beets-1 basket    Top Bunch Collards-1 bunch-*this is a really large bunch of collards. They are growing great now that the weather is a bit cooler.*    Kinibi Yellow Carrots-1 basket-*think of these as Parsnips and use as you would a Parsnip. They add a subtle flavor to any soup, broth or stew.*    Optional Fruit Share-all in one bag-Bosc Pears, Mutsu Apples (green), Fuji Apples(pinker), Golden Delicious Apples (yellow), Fortune Apples(large, eating)

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### SPICY RICE AND KALE

2 1/4 cups canned low-salt chicken broth or vegetable broth    1 1/2 teaspoons Creole or Cajun seasoning  
1 cup converted white rice    4 ounces kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes. Serves 4.

### Greens and Ricotta Pie

1 lg head Swiss chard (or other greens) about 1&3/4 pounds    1 Tablespoon olive oil    1 bunch green onions, sliced 1/4 inch thick  
1/2 teaspoon salt    1/4 teaspoon coarsely ground black pepper    4 large eggs    1 container (15 oz) part skim ricotta cheese  
3/4 cup low fat milk    1/2 cup grated parmesan cheese    2 tablespoons cornstarch

Preheat oven to 350 degrees F. Grease 9&1/2-inch deep dish glass pie plate. Trim off two inches from swiss chard stems, discard ends. Separate stems from leaves, thinly slice stems and coarsly chop leaves. In nonstick 12-inch skillean, heat oil until hot. Add sliced stems and cook 4 minutes or until tender, stirring frequently. Add green onions, salt, and pepper and cook 1 min. Gradually add chopped leaves until wilted and excess moisture evaporates, about 5 min. In a large bowl, with wire whisk or fork, mix eggs, ricotta, milk, parmesan and cornstarch. Stir in swill-chard mixture. Transfer mixture to pie plate. Bake pie 40 minutes or until knife inserted 2 inches from center comes out clean. 6 main dish servings.

### Mashed Parsnips or carrots and Scallions serves 4

1 pound parsnips OR CARROTS, peeled and cut into 2-inch lengths    8 ounces potatoes, peeled and sliced 1 inch thick    Salt  
1 bunch green onions, trimmed, cleaned and sliced thin    1/2 cup milk    4 tablespoons butter  
1 teaspoon grated lemon zest    black pepper

Directions: Place the parsnips and potatoes in a 3- to 4-quart saucepan. Pour in enough cold water to cover by three inches. Add plenty of salt and bring to a boil over high heat. Cook until tender, about 15 minutes. Add the scallions and cook 3 minutes. Meanwhile, heat the milk and butter over low heat until the butter is melted. Drain the vegetables thoroughly and return them to the empty pot. Mash the vegetables with a potato masher, gradually adding the milk mixture, to a smooth texture. Add the lemon zest and season to taste with salt and pepper. Serve immediately.

### Parsnip & Potato Puree from [Chez Panisse](#) Vegetables by Alice Waters

Peel and dice about equal quantities of parsnips and potatoes. To control their cooking times, cook each vegetable separately, in boiling salted water. Puree them together and season with salt and pepper. Finish with butter and thin to the desired consistency with warm milk.

### **Parsnip (or carrots) & Potato Homefries**

1 lb Potatoes                      1 lb Parsnips (or carrots)                      1/4 cup olive oil                      1-2 bunches scallions, diced  
1 teaspoon Salt                      1 teaspoon Paprika                      1/2 teaspoon black pepper

In a medium saucepan, bring two inches of water to a boil over high heat. Meanwhile, peel the Potatoes and parsnips; cut them into 1/2-inch cubes, and add them to the boiling water. Boil 5-10 minutes, or until tender. Drain well. In a 12-inch skillet over medium heat, warm the oil. Add onion and cook about 5 minutes, stirring occasionally. Add the potatoes and parsnips, salt, paprika, and pepper to the skillet, and cook 5 to 10 minutes longer over medium-high heat, stirring frequently, until the vegetables are golden brown. (Makes 6 servings)

### **KALE WITH GARLIC AND BACON**

2 1/2 lb kale (about 4 bunches), tough stems and center ribs cut off and discarded                      10 bacon slices (1/2 lb), cut into 1/2-inch pieces  
4 garlic cloves, finely chopped                      2 cups water

Stack a few kale leaves and roll lengthwise into a cigar shape. Cut crosswise into 1/4-inch-wide strips with a sharp knife. Repeat with remaining leaves. Cook bacon in a wide 6- to 8-quart heavy pot over moderate heat, stirring occasionally, until crisp, then transfer with a slotted spoon to paper towels to drain. Pour off and discard all but 3 tablespoons fat from pot, then cook garlic in remaining fat over moderately low heat, stirring, until pale golden, about 30 seconds. Add kale (pot will be full) and cook, turning with tongs, until wilted and bright green, about 1 minute. Add water and simmer, partially covered, until just tender, 6 to 10 minutes. Toss with bacon and salt and pepper to taste. Cooks' note: Large kale leaves are easier to cut in the manner described in this recipe. If all you can find are small leaves, just coarsely chop them. 8 servings

### **BUTTERNUT SQUASH AND APPLE SOUP**

2 tablespoons (1/4 stick) butter                      1 large onion, chopped                      1/2 teaspoon ground nutmeg  
4 1/4 pounds butternut squash, peeled, seeded, cut into 1-inch cubes                      4 1/4 cups (or more) vegetable broth  
1 Gala apple, peeled, cored, diced                      1/2 cup apple juice                      Light sour cream                      Chopped fresh chives

Melt butter in large pot over medium-high heat. Add onion and nutmeg; sauté until onion begins to brown, about 5 minutes. Add squash, 4 1/4 cups broth, apple, and apple juice. Bring to boil; reduce heat and simmer uncovered until squash and apple are tender, about 30 minutes. Working in batches, puree soup in blender until smooth. Return soup to pot. Season to taste with salt and pepper. Bring soup to simmer, thinning with more broth if desired. Ladle soup into bowls. Garnish with sour cream and chives

### **APPLE AND PEAR FRUIT CRISP**

1/2 cup rolled oats                      2 TB whole grain pastry flour (whole wheat, etc.)                      1/4 cup of sesame seeds  
1/4 cup of sunflower seeds                      2 TB canola oil 1 TB pure honey (or rice syrup or pure maple syrup)  
1 tsp cinnamon                      1/4 tsp cardamon                      4-6 cups apples and pears (or your favorite fruits), chopped into bite size pieces

Preheat oven to 400 degrees. Place oats, flour, seeds, oil, honey, cinnamon, and cardamon in food processor and turn to meal. Cut all pieces of fruit and lay in approximately 8" glass or ceramic baking dish. Top the fruit with the mixture and gently pat down. Cover and bake on the center shelf until brown on top, approximately 30 minutes.