

Dear Member,

The garden and the work of the garden follow the seasons so closely that we really wouldn't need a calendar to tell us the month. The work moves through each season just like the vegetables move through the seasons. Each one has a time of its' own and now as the summer crops finish their run, the fall crops are in abundance.

The rain that was so difficult for the summer, heat loving crops has made the fall greens lush. The collards and kale are both growing so tall and thick this year that we have a hard time fitting them in the crates.

The winter squash was all harvested last week to cure it in the greenhouses. We will be sending Carnival Winter Squash this week. Carnival is a colorful, Acorn type winter squash. Wash, cut in half and scoop out the seeds. Place upside down on a baking dish with a little water and bake until almost soft. Turn it over and finish off the baking. A pat of butter and honey or maple syrup in the cavity make the squash even sweeter. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Leeks-1 bunch Top Crop Collards-1 bunch Siberian Kale-1 bunch Biscayne Peppers-4 Summer squash
Pablano Peppers-mildly hot, adds such a great flavor when cooking-4 Potatoes-1 quart or 2 pounds Carnival Winter Squash-2
Chigoga Beets-1 bunch-these beets are a bit "rustic" in their appearance. When cut they are red and white circles. Very sweet. Fennel-this is a small plant fennel grown for the leaves, good in salads and dressings-1 bunch Optional Fruit Share-Cortland, McCoun Apples, Bartlett Pears, Stanley Plums (Cortland Apples are great eating and cooking. McCoun's are a good eating apple)

Roasted Beet Salad

8 beets (about 2 pounds) 5 tablespoons rice vinegar, divided 1/4 teaspoon salt, divided 1/4 teaspoon freshly ground black pepper, divided 8 cups gourmet salad greens (about 8 ounces) 2 teaspoons olive oil
1 (1/8-inch-thick) slice red onion, separated into rings

- Preheat oven to 375
- Trim off beet stems and roots. Wrap each beet in foil; bake at 375 degrees for 45 minutes or until tender.
- Cool beets to room temperature; peel and cut into 1/4-inch-thick slices.
- Combine beets, 4 tablespoons vinegar, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a bowl; toss well.
- Combine 1 tablespoon vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, salad greens, and oil in a large bowl; toss well.
- Place 2 cups salad greens mixture on each of 4 plates; top with beets and onion rings. **Prep Time:** 1 hour, 15 minutes

Pureed Beet Salad

1 good-sized beet (about 6 oz)—OR use 5 smallish ones 1 garlic clove, peeled and chopped
4 tablespoons walnuts 6 tablespoons olive oil
1 slice of stale bread (a small boiled potato can be used instead) 2 tablespoons red wine vinegar
1/2 teaspoon salt, or to taste

Directions: Cover beets well with water and boil until tender, about 40 minutes. Drain. Chop coarsely. In a food processor, combine all ingredients. Blend until smooth. www

Apple-Potato Sausage Sauté *A hearty breakfast or light supper, this sauté mixes three complementary flavors. Use vivid red or green apples, and leave them unpeeled to add color to the mix.*

2 Tbs. plus 2 tsp. vegetable oil
1 lb. small potatoes, peeled and cubed
1 onion, diced
2 large apples, unpeeled and thinly sliced
1 6-oz. pkg. soy "sausage" links, cut into thirds
Salt and freshly ground black pepper to taste
1/4 cup shredded cheddar for garnish
1/4 cup snipped parsley for garnish

1. Heat 1 tablespoon oil in large skillet over medium heat. Sauté potatoes about 7 minutes. Add 1 tablespoon oil to skillet, and sauté onion with potatoes about 5 minutes or until golden. Remove potatoes and onion, and set aside.
2. Add remaining 2 teaspoons oil to skillet, and sauté apples over medium heat about 5 minutes, stirring to prevent burning. Spray separate skillet with nonstick cooking spray; brown "sausage" links.
3. Add all ingredients to skillet of hot apples; stir well to heat through. Sprinkle with cheese and parsley, and serve. Serves 4

KALE LOAF

1/4 c. celery leaves 1/4 c. vegetable stock 1/4 c. cooked, diced carrots
3 tbsp. butter 1 1/2 c. cooked, chopped kale 1 1/2 c. cooked rice
1 tbsp. flour 1 egg, beaten 1 tsp. salt
2 slices bacon

Saute celery leaves in butter. Add flour, stock, kale, egg, carrots, rice, and salt. Shape into loaf. Place bacon slices across top. Bake at 400 degrees for 30 or 40 minutes. Yield: 8 servings.

Tips for Cooking with Leeks: Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this root vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

A Few Quick Serving Ideas for Leeks:

- Healthy Sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- Add finely chopped leeks to salads.
- Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- Add leeks to broth and stews for extra flavoring.
- Braised leeks sprinkled with fennel or mustard seeds makes a wonderful side dish for fish, poultry or steak.
- Add sliced leeks to your favorite omelet or frittata recipe.

COLLARDS WITH DILL AND PARSLEY from IIN website

1 bunch collard greens 1 cup fresh chopped parsley 1 teaspoon black pepper
1 cup fresh chopped dill 2 tablespoons olive oil Pinch of sea salt

1. Wash collards, cut stems off and chop into small pieces and put aside. Stack leaves and roll them up, as you would a sushi roll, then slice from the end to create long strips.
2. Warm oil in a pan with black pepper, and add stems sauteing for a few minutes.
3. Add collard greens and sea salt, then saute for about 3 minutes.
4. Add water, cover and allow to steam for about 3-4 minutes, then remove from heat.
5. Add chopped dill and parsley, toss well and allow to sit uncovered for a few minutes, then serve. SERVES 4

Variations: Mix the juice of a lime and a dash of cayenne. Toss with the greens for a little extra kick!

JUMPED GREENS from IIN website

1 bunch kale 1 medium sized yellow onion, diced 1 clove garlic, minced 1/2 tablespoon fresh ginger, minced
2 tablespoons olive oil Sea salt

Wash kale, cut stems off and chop into small pieces and put aside. Cut or tare leaves into small pieces. Warm oil on pan, add ginger, garlic, and saute for one minute. Add onion, saute for a few more minutes. Add kale, stir well and then add a splash of water. Cover and allow to cook for 2-3 minutes. Check for desired tenderness and serve.

SIMPLE WINTER SQUASH STEW from IIN website

1 winter squash, seeded, peeled, chopped (butternut, acorn, pumpkin, delicata)
1 onion
2 cloves garlic
Veggie or chicken stock
2 teaspoons curry powder
1 1/2 teaspoons cumin

Saute finely minced onions and minced garlic in a splash of olive oil. In a pot place squash and fill with stock until just covered then add spices, garlic and onion. Boil until tender. Mash or blend in blender until smooth and return to the pot to heat through. SERVES 4

ADUKI SQUASH STEW from IIN website

Your favorite winter squash
1 1/2 cups aduki beans (preferably soaked)
3 inches seaweed (kombu or wakame)
5 cups water
Sea salt

Peel and cube squash into two-inch squares. Place washed beans and seaweed into pot. Add water. Bring to a boil. Cover and simmer for about 30 minutes. Uncover and add squash cubes. Cover and simmer for 30 more minutes. Uncover, add splash of sea salt and stir until water evaporates.

Variations: Try with roots like carrot, parsnip, and turnip. These roots don't need more than twenty minutes to cook with beans.