

Dear Member,

Glorious fall weather with a beautiful display of colors surrounds us. This time of year is our favorite, cool but not cold, beautiful blue sky and the barns filling with vegetables for the seasons end. Pete tries to get the fields all seeded to winter rye that will provide a cover crop this winter by the middle of October. Some spots of the garden will not be seeded until the end of November when we finish harvesting, but all of the rest is tilled under, disced, harrowed and seeded. The collards, kale, potatoes, carrots, beets all stay in the field and we pick them fresh each week. The cabbage still has a bit to grow before it is large enough to harvest and that always seems to stay until the very end. The greenhouses are full of winter squash curing in the warmth, the garlic is hanging upstairs in the barn, the onions, dry beans and pop corn are crated and drying in the greenhouses. It feels very good to have the vegetables safe and sound in the barns just waiting their turn in your share. Enjoy the vegetables-Pete and Deb

INCLUDE: Leeks-1 bunch Diakon Radish-1 Potatoes-1 quart basket or 2 pounds
 Delicata Winter Squash-2 Some people call these Sweet Potato Squash. Cook whole and scoop out the seeds after they are done baking. Sage-1 bunch Red Russian Kale-1 bunch Carrots-1 bunch-they are very tender this year, most likely due to the wet conditions all summer. Broccoli-2 heads Hot Peppers-this is the last of the peppers-really hot so only take them if you like. Optional Fruit Share-

THE DAIKON RADISH, also called the Chinese radish, is a popular Asian vegetable. It is a root that looks similar to a carrot except that it is typically white in color and large in size. For example, a Daikon radish is sized from approximately 5-20 inches in length and 2-4 inches in width. While most Daikon radishes are white, there are also some varieties that appear as yellow or black. They can be eaten raw; however, they have a hotter flavor than red radishes so be aware of this when using them in this manner. Daikon radishes can be added to salads or to relishes, and are also commonly used in stir-fries. Because the Daikon radish can be used as you would other radishes, it is cooked in a variety of ways. You can stuff it, bake it with cheese, or sauté it in oil. These and other options allow the Daikon radish a place among many households that appreciate the value of this diverse root vegetable.

Preparation: Scrub or peel removing only a thin layer of the outside. It can be grated, or cut into cubes, sticks, or thin slices. It can be eaten raw or cooked. Cooked daikon is used much like a turnip in soups and stews. Raw daikon can be used to add some crunch and spice to salads and relishes

BAKED RADISHES

½ lb radish, cut in half 1 tbsp butter 1 tbsp honey Dash of cinnamon

-Steam radishes for 5 minutes; drain and arrange in a shallow baking dish. Combine honey, butter and cinnamon in a small saucepan to make a glaze. Pour over radishes and bake uncovered at 350 until tender, about 30 minutes.

RADISH AND BELL PEPPER SALAD

1 Big Radish 6 Green onions
 1 Green, Red, and Yellow bell pepper 5 Tbsp Lemon Juice
 1 Big Carrot 3 Tbsp Dressing oil
 1 Cucumbers, (up to 2) Salt and freshly ground pepper

Cut all vegetables to "Julienne" cut in match- like strips. (If you have food processor or any other kind of shredder you can use those, but the bell peppers, which you have to cut Julienne by hand). In a shaker put all the dressing ingredients, Shake well, Taste and pour over salad 1 hour before serving. This salad is very colorful and light.

CARROT, GINGER, BEET SOUP, Vegetarian Planet by Didi Emmons

3 medium beets
1 large garlic clove, minced
1 Tablespoon canola or corn oil
6 cups water or Basic Vegetable Stock
1 cup chopped onion
1 teaspoon grated orange rind
1 pound carrots, coarsely chopped
3/4 teaspoon salt
1 Tablespoon minced fresh ginger
fresh ground black pepper to taste 4 teaspoons sour cream (optional)

- Under running water (this is very messy otherwise), peel the beets with a vegetable peeler. With a chef's knife, cut the beets in half, then lay them flat side down and cut them into large chunks.
- In a stockpot over medium heat, heat the oil. Saute the onion until it is translucent.
- Add the carrots, ginger, and garlic. Cook for 5 minutes, stirring frequently.
- Add the beets and the water or stock. Simmer the soup, covered for 50 minutes. Add the orange rind, and stir well.
- In a food processor or blender, puree soup to a large container, and stir in the salt and pepper. (my note-- I use a hand blender and puree the soup right in the pot)
- Taste the soup, and adjust the seasonings, if you like. Serve the soup hot or chilled, garnished with dollops of sour cream. (my note: I add some extra ginger juice at the end...but I love ginger..) Serve hot or cold, both ways are delicious!!

AUTUMN SQUASH PASTA

- 3-4 lbs of squash
- 1 lb of ziti or penne
- 1/2 cup olive oil
- 2 tbls unsalted butter
- 2 large leeks cleaned, coarsely chopped
- 1/2 small onion
- 1 garlic clove coarsely chopped
- 1/2 to 1 tsp sea salt
- black pepper
- 1/2 cup dry white wine or water
- 1/3 cup of grated Parmesan
- 1 tbls chopped parsley

Serves 8

1. Preheat oven to 350 degrees.
2. Cut squash in half and scoop out and discard seeds.
3. Place squash, cut side down, in 1 inch of water in a 13 by 9 inch glass baking dish and
4. Bake for 45-50 minutes or until tender.
5. Let squash cool and then scoop out the cooked pulp from the shells.
6. Meanwhile cook the pasta 2-3 minutes less than the package instructions.
7. Heat the oil and butter in a large pot over low heat
8. Add the leeks, onions, garlic salt and pepper.
9. Sauté until onion is translucent and the leeks have become pliable.
10. Add squash and wine, stirring until a thick sauce forms.
11. Fold in the pasta.
12. Spoon the pasta mixture into the glass-baking dish and sprinkle with Parmesan cheese.
13. Bake for 20 to 30 minutes and then garnish with parsley and serve hot.

AFRICAN PEANUT STEW

1 tsp vegetable oil
2 gloves garlic
1 large onion
big bunch greens -- either chard, collards, kale,
2 cups undrained chunk or crushed pineapple
(20 oz. can in its own juice)
1/2 cup chunky peanut butter
cilantro to taste or 1/4 c chopped fresh
tabasco to taste

Serves: 4

1. In a large skillet, over medium heat, heat the oil and add minced or pressed garlic and chop the onion and add it. Cook until soft and translucent, about 5-10 minutes.
2. Add the can of pineapple, and simmer for about 5 minutes, covered.
3. While the onions are cooking, prepare your greens. Separate from tough stems, and cut into 1" squares (if collards). I like the greens pieces small enough so that the peanut sauce covers them evenly.
4. Add the chopped greens to the skillet, cover and simmer until tender, about 5-10 minutes (depending on the green).
5. Stir in the peanut butter and mix it well.
6. Add the cilantro and the hot sauce to taste and mix that up, and let it simmer again for just a couple of minutes.
7. Serve over rice. If you use smooth peanut butter, chop up peanuts to add to the top.

Adapted by CSA member Marion Banzhaf from **Moosewood Restaurant Cooks at Home** by Molly Katzen