

Dear Member,

Cold weather has brought with it frosty mornings. The Kale and Collards seem to wait for this kind of weather. They are just beautiful in their varying green colors. The frost really seems to invigorate the leaves and they are even sweeter tasting. As beautiful as the colors are in the early morning light, picking the freezing cold vegetables isn't a favorite. Slowly the sun warms the fields and you find that the many layers of clothes, that just an hour ago didn't seem like enough, are laying next to the plants as you have moved down the row.

This will be the last of the Broccoli. I think that it has been wonderful this year. We never grow really huge heads, but this variety Gypsy, has been a great addition to our planting. The turnips have grown large, very large in some cases, and are delicious. The greens are still good enough to send with the roots so if you like the mustardy taste of Turnip Greens, take them from the roots and cook separately. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Broccoli-1 heads Leeks-1 bunch-this is the last of the leeks Potatoes-1 quart or 2 pounds
Delicata-2 Collards-1 bunch Turnips with Greens-1 bunch Beets- 1 pound Sorrel-1 bunch-this is the
lemony flavored herb that was one of the first in the spring. Pete mows the plants down and they re-grow for a second harvest in
the fall. Gourds-3-not an edible, but nice to decorate with for the fall. Fruit Share-

HOW TO COOK DELICATA WINTER SQUASH: One of the easiest ways to prepare this particular winter squash is to puncture with a fork once or twice and bake whole at 375 for 30-45 minutes or until soft. Cut lengthwise and let cool. Scrape out seeds and eat as you might a baked potato.

GLAZED ROOT VEGETABLES

To cook root vegetables so they're coated with a savory and appetizing glaze, simmer them in a saute pan or skillet, on the stove, in just enough broth or water to come halfway up their sides. As the vegetables cook, they release flavors into the surrounding liquid and as the liquid evaporates it concentrates and coats the vegetables with a glaze of their own flavors. The vegetables can then be served immediately or they can be cooked slightly more so the glaze caramelizes. Glazed vegetables also can be finished with a little bit of cream, which converts the glaze into a small amount of delicious sauce, and the glazed vegetables can be sprinkled with finely chopped herbs such as parsley, chervil, basil, or mint to give them color and a fresh flavor.

Glazed vegetables can be served in dishes at the table, but they're especially dramatic when arranged on a platter with a roast. Try Glazed Beets made with beef broth, Glazed Carrots which can made with sherry, red wine and broth or cream, Glazed Celeriac, Glazed Onions, Glazed Parsnips, Glazed Turnips or Glazed Turnips with Foie Gras, Shallots Glazed with Black Currant Liqueur and Mixed Glazed Root Vegetables. [James Peterson](#)

ROASTED ROOT VGETBALES: Root vegetables combine harmoniously both with each other and with many meat or fish dishes. Choose the ones you like best but remember that variety lends both complex flavor and appealing color to the mixture. The vegetables also make a very good puree (see end of recipe). *Makes 8 servings*

Ingredients: *Use a few of these vegetables, or some of each*

1 parsnip	1/2 rutabaga	Olive oil
2 carrots	1 turnip	1 cup chicken stock, heated
1 celery root	3 thin salsify roots, blanched	2 tablespoons unsalted butter, cut into pieces, optional

For a Puree

- A pinch nutmeg
- 3 tablespoons unsalted butter
- 1/4 cup heavy cream

Method: Preheat the oven to 350F. Peel the vegetables and cut them into 1/2-inch dice. Choose a roasting pan or casserole that will hold the vegetables in a 1 1/2-inch-deep layer. Film the pan with olive oil, add the vegetables, and toss them in the oil. Roast the vegetables, turning once or twice, for about 1/2 hour. Pour the hot stock over the vegetables and dot them with butter. Cover the pan, raise the temperature to 375 degrees F, and continue to roast for about 1 hour, or until the vegetables are soft. Uncover the pan and continue to cook until all the liquid has evaporated. If necessary, reheat the vegetables in a 350F oven or toss them in a sauté pan with a little chicken stock. To puree the vegetables, put them through a food mill or puree them in a food processor, adding nutmeg, butter, and cream to taste. Put the puree in a casserole and reheat in a 350F oven. [Waldy Malouf's Homepage](#)

CREAMY BISTRO POTATO AND LEEK GRATIN

From Bistro Cooking at Home by Gordon Hamersley (Broadway Books)

This is the creamy gratin. We serve it with all kinds of roasts at the restaurant. As with most creamy dishes, it needs a lot of seasoning, so be generous with the salt and pepper. If you'd like to make the gratin ahead by a couple of hours, just let it sit at room temperature and reheat it at 350° F, adding a little cream if necessary. **Yield:** 6 Servings

Ingredients:

- 2 Tablespoons unsalted butter
- 2 large or 3 medium leeks, roots and dark green leaves cut off, white and light green parts thinly sliced, washed well, and patted dry
- 3 cloves garlic, finely chopped
- ½ teaspoon chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 2 cups heavy cream
- 3 russet potatoes, peeled and thinly sliced
- 1 cup grated Gruyère cheese

Method: Preheat the oven to 350° F. Melt the butter in a large sauté pan over medium-low heat. Add the leeks, garlic, and thyme, and season lightly with salt and pepper. Cook, stirring occasionally, until the leeks are tender, 7 to 10 minutes. Add the cream and bring it to a boil. Reduce the heat to a simmer and let the cream and leeks bubble for an additional 3 minutes. Season the cream with more salt and pepper. Turn off the heat and add the potato slices to the leeks, tossing them gently but thoroughly to combine.

Layer half of the potato-leek mixture into a 1½-quart gratin dish and sprinkle half of the Gruyère cheese over the mixture. Add the rest of the potatoes and leeks to the dish and top with the remaining cheese. Bake until the potatoes are very tender and the cheese has melted and turned golden brown, 45 minutes to 1 hour. Let the gratin sit for at least 10 minutes before serving. Or let it sit for a couple of hours and then reheat it to serve.

CHINESE SESAME KALE (or Collards)

2 cloves garlic, minced	2 Tbsp water
1 pound kale (about bunch) or try substituting collards	1 tsp soy sauce
2 teaspoons sesame seed oil	2 tsp toasted sesame oil
	salt and pepper if desired

1. Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.
2. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet.
3. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

WHAT CAN I DO WITH MY SORREL? TRY THIS EASY RECIPE!

CHICKEN WITH SORREL SAUCE

3 tbsp butter	2 cups fresh sorrel, chopped	1/8 tsp freshly grated nutmeg(optional)
1 shallot, finely chopped	½ cup heavy cream	4 boneless chicken breasts

- **THE SAUCE:** Heat 1 tablespoon butter in a medium-sized saucepan over medium-low heat. Saute shallots until translucent. Add sorrel and saute. Add the cream and the nutmeg. Cook for 2 minutes and set aside.
- **THE CHICKEN:** Heat remaining butter in a large skillet over medium heat. Add chicken breasts and cook for about 20 minutes or until cooked through, turning occasionally. Reheat sorrel sauce just to a boil. Arrange chicken breasts on serving plate. Spoon sauce over chicken and serve.

CHILLED APPLE SOUP WITH SORREL AND YOGURT

1 tbl butter	1/2 cup fresh sorrel, chopped	
5 shallots, diced, OR	1/2 cup water or apple juice	
1 med onion, diced	1/2 cup buttermilk	
1 med leek, well washed and diced	1 1/2 cup plain yogurt	Fresh cilantro, chopped
4 Granny Smith apples, peeled and diced	Salt and freshly ground black pepper, to taste	

In a large saucepan, melt the butter and saute the shallots and leek for 3 to 5 minutes or until translucent. Add the apples, sorrel, and water and simmer for 25 minutes. In a blender or food processor, puree the apple mixture. Return the mixture to the saucepan and stir in the buttermilk and yogurt. Bring to a boil, then remove from heat immediately or separation will occur. Add the salt and black pepper and chill for 2 to 3 hours. Garnish with the cilantro and serve immediately. **YIELD: 6 TO 8 SERVINGS** **SILVER THATCH INN**