

Note: Earlier this summer Deb was selected as the farmer delegate by the Catskill Watershed Agricultural Council to attend the Slow Food International Terra Madre held in Turin, Italy. She is returning today and will catch up on all correspondence, honey and maple orders when she returns. Enjoy the vegetables

SHARES INCLUDE:		Carnival Winter Squash-2	Onions-4	Red Russian Kale-1 bunch	Collards-1 bunch
Cabbage-1	Parsley-1 bunch	Beets-1 bunch	Celariac (celery root)-1-peel, cut up and use like celery in soups-just		
delicious	Potatoes-2 pounds	<i>Optional Fruit Share- 1 Bag</i>			

CELERY ROOT, CARROT AND BEET SALAD

Bon Appétit

For vinaigrette

3 tablespoons minced shallots
 2 tablespoons white wine vinegar
 2 tablespoons chopped fresh parsley
 2 tablespoons chopped fresh chives
 1 tablespoon Dijon mustard
 2 teaspoons minced garlic
 1/3 cup olive oil

For salad

1 1/2 cups matchstick-size strips peeled celery root
 1 1/2 cups matchstick-size strips peeled carrots
 1 1/2 cups matchstick-size strips peeled beets
 1 5-ounce package mixed baby greens
 Toasted hazelnuts (optional)
 Crumbled goat cheese (optional)

For vinaigrette: Whisk first 6 ingredients in small bowl. Add oil and whisk to blend well. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Let stand 30 minutes at room temperature before using.)

For salad: Cook celery root and carrots in pot of boiling salted water until crisp-tender, about 4 minutes. Using slotted spoon, transfer to medium bowl. Add beets to pot and cook 5 minutes. Drain beets; transfer to another medium bowl. Cool vegetables.

Toss greens in large bowl with enough vinaigrette to coat. Toss celery root and carrots with enough vinaigrette to coat. Toss beets with enough vinaigrette to coat. Spoon vegetables over greens. Sprinkle with toasted hazelnuts and crumbled goat cheese, if desired. Serves 6.

CELERY ROOT, GRUYERE, AND APPLE SLAW WITH HORSERADISH

1/2 pound Gruyère cheese
 1 medium celery root
 1 1/2 Granny Smith apples
 2 tablespoons fresh lemon juice
 horseradish to taste

3/4 cup mayonnaise
 2 tablespoons spicy brown mustard
 1 tablespoon honey
 1 teaspoon salt
 approx. 3 tbsp bottled horseradish, drained, or grated fresh

Cut cheese into matchsticks and put in a large bowl. Peel celery root and apples and cut into matchsticks. Add celery root, apples, and lemon juice to cheese, tossing gently. In a small bowl stir together remaining ingredients and add to slaw, tossing gently. Slaw may be made 1 day ahead and chilled, covered. Add additional horseradish to taste before serving if necessary. Season slaw with salt and pepper. Serves 6.
 Gourmet October 1994

CABBAGE AND CELERY ROOT SLAW WITH CIDER-DIJON DRESSING

1/2 medium head green cabbage, thinly sliced (about 8 cups)
 1/2 small head red cabbage, thinly sliced (about 4 cups)
 2 red bell peppers, cut into matchstick-size strips
 3 cups matchstick-size strips peeled celery root (from 1 medium head)
 2/3 cup mayonnaise
 2 tablespoons Dijon mustard
 2 tablespoons apple cider vinegar
 4 teaspoons sugar
 2 teaspoons celery seeds

Mix first 4 ingredients in large bowl. Whisk mayonnaise and next 4 ingredients in small bowl to blend. Pour dressing over vegetables. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill.) Makes 6 servings. Bon Appétit August 2000

COLLARD GREENS

Storage: Do not wash greens. Wrap them in a damp paper towels. Place in a plastic bag (preferably perforated) and refrigerate. If you change the towels and keep them damp, you can store the greens up to a week.

Preparation: For recipes, you'll want to cut off the stem. Make a v-shaped notch to remove the midrib from the lower portion of the leaf. If you prefer milder flavors, consider combining collards with young fresh cabbage.

Sauteed Collards with Garlic

1 bunch collard greens, trimmed 1 clove garlic 1 Tbsp. butter 1 Tbsp. olive oil

-Wash greens and cut into diagonal strips. Heat butter and oil in a large skillet. Add garlic and greens, coating both with butter and oil. Add 1 to 2 Tbsp of water. Turn heat to low. Cover. Check for doneness after 3 minutes.

BEETS

Storage: Can be stored with greens on in your produce drawer. Greens are best within a few days. Once greens are removed, trim stems off and store roots in a paper bag in your refrigerator produce drawer. Roots will keep this way for several months.

Preparation & Storage: You can use both the tops and the roots of beets. To use greens, cut stems where the leaves start. The greens are mild, similar to spinach. Grate the roots and use uncooked on salad, or use grated root to add a beautiful color and earthy flavor to risotto. If you are cooking the whole root, it will retain more vitamins if cooked with its skin on. Beet roots can be boiled or baked/roasted like potatoes. To roast beets, brush or mist with olive or other mild oil and place in a heavy pan in a 350 to 400 degree F oven for 45 minutes or more depending upon the beets' size. Beets will soften like a baked potato. Alternatively, brush them with oil and cook them on your grill like as you would a "baked" potato.

WINTER SQUASH

Cooking **winter squash**, couldn't be **simpler**: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, or salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

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. Bon Appétit February 1999

Potato Parsley Bisque

1 c Raw almonds or cashews

5 c Vegetable stock or bouillon

1 lb Red-skinned potatoes, -- unpeeled, cut into 1/2-inch cubes

2 md Leeks; sliced (thoroughly washed)

1 c Finely chopped fresh parsley

1 ts Freshly squeezed lemon juice

1 ts Fine sea salt

1/4 ts Freshly ground black pepper

Blanch the almonds in boiling water for 30 seconds. Drain, and plunge almonds into cold water. Drain, and squeeze the almonds between your fingertips to remove the skins. Compost or discard the skins.

Put the blanched almonds and 1 cup of the vegetable stock in a blender, and blend until smooth, about 1 minute.

In a large pot, combine the potatoes, leeks, and the remaining 4 cups vegetable stock and bring to a simmer over medium heat. Cover and boil until the potatoes are tender, about 10 to 15 minutes.

Stir the blanched almond mixture, parsley, lemon juice, salt, and pepper into the soup. Bring to a simmer and cook, stirring often, until thickened, about 2 minutes. Transfer the soup to a food processor and process, in batches if necessary, until smooth.

Serve immediately. Source: May All Be Fed - by John Robbins