

Dear Member,

Terra Madre was a truly amazing experience. At last count there were 5000 delegate farmers from 150 nations attending. Languages and dress were so varied, yet we were all farmers with so much in common. Our group from the Catskills stayed in a small hotel outside of the town of Rivoli. In addition to the group from the Catskills there were ten vegetable and grass fed beef farmers from Georgia, US, two wine makers from Macedonia, eight rice and tea producers from Vietnam, a Japanese translator, a Italian coordinator for the Terra Madre event and the husband and wife that ran the hotel. A true bond of friendship was formed. During the opening ceremonies, Carlo Petrini, founder of Slow Food and the organizer of the conference, reminded us that the solution, ultimately, is for us to "live for one another." I am so fortunate to have been part of this international event. If you would like more information about Slow Food USA go to www.slowfoodusa.org or phone 718-260-8000. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Potatoes-2 pounds or 1 quart Carrots-1 bunch Collards-1 bunch
 Winterbor Kale-1 bunch Brussels Sprouts-1 stalk-just break the sprouts from the stalk, clip off any discolored leaves and cook.
 Acorn Winter Squash-2 Sage-1 bunch Purple Top Turnips-1 bunch
 Jacob's Cattle Dry Beans-1 pound or (1) 2 quart basket Garlic-2 Optional Fruit Share- one bag.

Jacob's Cattle Dry Beans- to use, shell the beans and rinse. Cover with water and bring to a boil. Simmer until tender. These are dry beans, but they are fresh and will not take hours to cook like dry beans from the store. They will be cooked in 30-45 min.

TURNIP AND CARROT SALAD

- ¾ lb. Baby turnips, peeled and coarsely grated
- ½ lb. carrots, peeled and coarsely grated
- 2 ribs celery diced
- 1/8 cup washed, dried and chopped fresh cilantro
- 2 tbsp. red wine vinegar
- ¼ cup olive oil
- 1 head lettuce, leaves separated, washed and left whole.

Directions:

1. In a bowl, whisk together vinegar, olive oil, salt and pepper.
2. Just before serving, mix turnips, carrots, celery and cilantro dressed to taste – you can always add more if necessary.
3. Serve a mound of salad on a lettuce leaf. **Credits:** Helen Baldus

CANNELLINI BEANS AND GREENS ON GARLIC TOAST

- 3 cups water
- 12 cups torn kale (about 1 bunch)
- 1 teaspoon olive oil
- 1 1/2 cups finely chopped onion
- 1/2 teaspoon dried oregano
- 1 cup diced seeded plum tomato
- 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 2 garlic cloves, minced
- (16 ounce) can cannellini beans or other white beans, rinsed and drained
- 1 garlic clove, halved
- 4 (1.5 ounce) slices country or peasant bread, toasted
- 3/4 cup freshly grated Parmesan cheese, divided

Bring 3 cups water to a boil in a large Dutch oven; add kale. Cook 6 minutes or until tender; drain in a colander over a bowl, reserving 1 cup cooking liquid. Heat oil in a large nonstick skillet over medium-high heat. Add the onion and oregano; saute 5 minutes. Add tomato, salt, crushed red pepper, and minced garlic; saute 1 minute. Stir in kale, reserved liquid, and beans; cook 3 minutes. Rub garlic halves on 1 side of each toast slice. Place toast slices, garlic sides up, on 4 plates; sprinkle each slice with 2 tablespoons cheese. Top each with 1 cup bean mixture and 1 tablespoon cheese.

JACOB'S CATTLE DRY BEANS

Before cooking, soak the beans overnight. They may be prepared in a crock-pot, on top of the stove, or pressure cooked. 1 cup of dried beans makes approximately 2 1/2 cups of cooked beans. They are often featured in soups, and can be added to salads, relishes, and stews. The beans are sweet, meaty, and good for baking; the dry beans have been used for baked beans in the Northeast for generations. Good tasting as a green or "snap" bean. Beans unfortunately can cause flatulence. To circumvent this problem, drain off the water in which you soak the beans, and add fresh water for the cooking. Another trick to reduce the "gas" is to add a pinch of ginger to the beans as they cook. It is also said that the long-cooked beans are easier to digest than those cooked until just done

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BUTTERED BRUSSEL SPROUTS

- 2 lb Brussels sprouts, trimmed 3 tablespoons unsalted butter, softened

Cook Brussels sprouts in a large pot of boiling salted water until just tender, 8 to 10 minutes. Drain in a colander and toss with butter and salt and pepper to taste.

KALE WITH SAUTEED APPLE AND ONION

1 Granny Smith apple 2 tablespoons olive oil 1 medium onion, cut into 1/4-inch wedges
1/4 teaspoon curry powder 1 lb kale, tough stems and ribs removed and leaves coarsely chopped 1/2 cup water

Peel, quarter, and core apple, then cut into 1/4-inch-thick wedges. Heat oil in a 5-quart pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden. Add apple and curry powder and sauté, stirring, until apple is almost tender, about 2 minutes. Add kale and water and cook, covered, stirring occasionally, until kale is tender and most of liquid is evaporated, about 5 minutes. Season with salt.

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 or your favorite nuts
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.

CARROT BREAKFAST MUFFINS

1/2 tsp ginger 2 cups whole grain pastry flour 1/4 cup canola oil 1/2 cup pure maple syrup
1 egg, beaten 1 cup finely grated carrot 1/4 cup raisons 3/4 cup apple juice

-Preheat oven to 400 degrees. Oil a 12 cup muffin tin. In a large bowl mix ginger into flour. In another bowl, whisk oil and syrup. Mix in the egg, then add carrot, raisons, and juice. Fold dry and wet ingredients together until flour mixture is moistened. Spoon batter into muffin cups until 3/4 full. Bake 20 min. or until tester comes out clean.

WARM POTATO AND KALE SALAD

3 large potatoes (1 1/2 pounds), cut into half inch cubes 1/2 cup chopped yellow onion
2 tsp sea salt, divided 2 cloves garlic, sliced
2 Tbsp extra-virgin olive oil 4 cups kale, washed, drained, and chopped into thin strips
1 cup chopped tomatoes, seeded

Bring 6-8 quart pot of water to a boil, and add potatoes and 1 tsp salt. Cover, reduce to a simmer, and simmer for 15 minutes. Meanwhile, heat a large skillet over medium heat and add the oil. Sauté the onion, stirring often, for 5 minutes. Add garlic, stir well, and cook for 1 minute more. Add kale, tomatoes, and the remaining 1 tsp salt to the sautéed onions, stir well to combine, and cook for 2 minutes. Cover and remove from heat. Drain the cooked potatoes and add them to the sautéed onions and kale. Stir well to combine and serve. Yields: 4 1/2 cups