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Stoneledge Farm News

Dear Member,

Finally we had some very needed rain during the week. The weather is cool and feeling very fall like. The share this week is full of what this great weather brings. The beets just keep on getting sweeter every week. The first carrots, winter squash and pumpkins are as tasty as they are beautiful.

The winter squash this week is Butternut. Butternut is a favorite of almost everyone that has tried it. It has a sweet, orange flesh that is a bit on the dry side this year. Cut the Butternut in half, scoop out the seeds and bake or steam until the flesh is tender.

Covering the squash with foil will help the squash bake quicker and stay moister during baking. A pat of butter and maple syrup or honey in the seed cavity baked in just before the squash is finished adds a great flavor. Enjoy the vegetables-Pete and Deb

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. Mas or blend in blender until smooth and return to the pot to heat through. SERVES 4

Winter Squash Soup

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|------------------------------|--|
| • 4 tablespoons butter | 2 medium winter squash, peeled and diced |
| • 2 cloves garlic, mashed | 2 apples, peeled and diced |
| • 4 teaspoons curry | 3 cups chicken stock |
| • 1/2 teaspoon ground ginger | 1 cup cider |
| | salt and pepper to taste |

Melt butter in a stockpot. Add onions, garlic, ginger and curry and cook for 20 minutes on low heat. Add the winter squash, apples and chicken stock. Simmer 25-30 until tender. Add cider and salt and pepper to taste. Serves: 8 Credits: Deb Kavakos (from a friend)

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
(1/8-inch-thick) slice red onion, separated into rings

WHAT'S IN THE SHARE?

- Butternut Winter Squash-1
- Baby Bear Pumpkins-2-these are a small pie type pumpkin that can be used for cooking or for decoration
- Carrots-1 bunch
- Beets-1 bunch
- Scallions-1 bunch
- Rosemary-1 bunch
- Cauliflower-1 head- we are so proud that finally we grew Cauliflower. As a farmer you measure your accomplishments by such benchmarks!
- Tomatoes-1 pound
- Jalapeno and Habanero Peppers-these are both hot peppers with the Habaneros being really hot. Take them if you like

Fruit Share-Bartlett Pears, Cortland and Macoun Apples, Long John Plums and 1 basket of raspberries

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

Pumpkin Bread

2 eggs	1 cup cooked pumpkin	
1/4 teaspoon baking powder		
1/2 cup sugar	1 tsp vanilla	1/2 teaspoon each cinnamon, cloves and nutmeg
1/2 cup oil	1 teaspoon baking soda	1 3/4 cup flour

Directions:

1. Cream 2 eggs, 1/2 cup sugar, 1/2 cup oil, 1 cup of pumpkin and 1 teaspoon vanilla.
2. Sift together 1 teaspoon baking soda, 1/4 teaspoon baking powder, 1/2 teaspoon each cinnamon, cloves and nutmeg with 1 3/4 cup flour.
3. Mix the creamed mixture and the dry ingredients.
4. Add 1/2 cup raisins and walnuts if you like.
5. Pour into a loaf pan and bake at 350 degrees for 1 hour or until done.

Credits: Deb Kavakos

Pumpkin Pie

Unbaked 9" pie shell	1/2 tsp. ground ginger
2 eggs slightly beaten	1/4 tsp. ground cloves
2 c. cooked pumpkin	1 2/3 c. evaporated milk
3/4 c. sugar	
1/2 tsp. salt	
1 tsp. ground cinnamon	

Directions:

- Blend together eggs and pumpkin.
- Stir in sugar, salt, cinnamon, ginger and cloves. Blend in milk.
- Turn into pie shell. Bake in hot oven 400 degrees 45-55 minutes or until knife inserted halfway between center & edge of pie comes out clean.

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!!