

THIS WEEK'S HARVEST

- Brussels Sprouts
- Carrots
- Leeks
- Parsley
- Potatoes
- Sweet Dumpling Squash
- Zepplin Delicata Squash
- Garlic

TO COOK A Squash...

Slice in Half

Remove Seeds – Save for Roasting
Place halves facedown in a baking dish and add 1/2" of water. Brush skin lightly with olive oil.
Bake until tender at 425 +/- 40 min.

Both squash varieties in the box have a lot of natural flavor and sweetness. Be sure to try them before seasoning them too much!

ANNOUNCEMENTS

- Saturday and Sunday, October 24-25, we will have a stand at the annual From the Land Festival held just down the way from us on County Rd J not far off of Hwy 49.

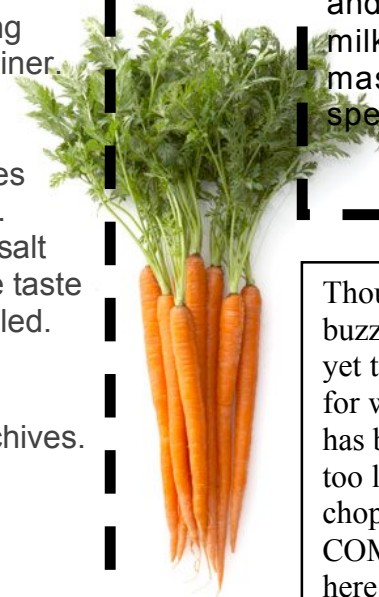
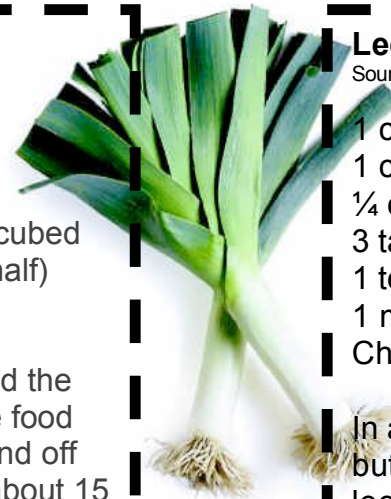
Carrot Leek Soup

- 1 bunch carrots, cut in pieces
- 1 leek (white part only)
- 3 cups chicken stock
- 2 medium potatoes, peeled and cubed
- 1 cup heavy cream (or half and half)
- Chopped chives

With the metal blade in place, add the carrots, potatoes and leek to the food processor. Process, turning on and off rapidly, until coarsely chopped, about 15 to 20 seconds. In large saucepan, combine chopped vegetables with chicken stock and simmer for 30 minutes. Strain vegetables, allowing liquid to drain into a storage container. Reinsert metal blade and puree vegetable mixture in 2 batches. Combine salt and pepper to batches with vegetable liquid. Stir in cream. Season to taste with slightly more salt and pepper than necessary, as the taste will be dulled when the soup is chilled. Cover and refrigerate.

Serve cold or hot, garnished with chives.

Makes about 4 cups.



Leek Soup

Source: Leekrecipes.org

- 1 cup of chopped leeks (the white part)
- 1 cup of milk. 2/3 cup of water
- 1/4 cup of cream
- 3 tablespoons of butter
- 1 teaspoon of chicken stock
- 1 medium potato, boiled
- Chopped parsley, to garnish

In a suitably sized skillet, melt the butter over medium heat. Cook the leeks in the skillet for 5 minutes. Add the chicken stock and the water; then bring to a boil and reduce heat. Cover and simmer for 10 minutes. Stir in the milk and cream. Add the potato after mashing, or put it in a blender at low speed. Garnish with parsley.

Though the days are shorter, the farm is still buzzing with activity. There is a lot of work yet to be done to prepare the growing space for winter. Some of the garlic for next year has been planted, and more will go in before too long. We have been busy mulching, chopping up plant residue, and my favorite, COMPOSTING!! Little by little the ground here becomes more fertile and more productive. But soon it will rest and respire.



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