

THIS WEEK'S HARVEST

- Acorn Squash
- Carrots
- Celeriac
- Fall Greens Mix
- Kale
- Leeks
- Onions, Garlic & Shallots
- Parsnips
- Pie Pumpkin
- Russet Potatoes
- Radishes
- Sunchokes
- Bread – Ciabatta

Hear Ye, Hear Ye

- Today is your last chance to return boxes. As for your last box, you can hold onto until next season if you plan to join us again. Otherwise, please contact us and we can make arrangements to pick it up.
 - No baby yet!, but we will let you know when the magic happens.
 - Thanks for your support this season! We have enjoyed growing with you!



Comfort Foods

*Sick or sad,
these make you feel better*



Celeriac



Shallots



Parsnips



Sunchokes

DID YOU KNOW?

Pesto can be made without the use of basil. In fact, pestos are simply herb pastes that can incorporate a range of herbs and herb combinations. In your last box you are getting a healthy cutting of Winterbor kale, which happens to make a delicious pesto. Follow the recipe below and enjoy the unexpected:

Winter Kale Pesto

- 1 c chopped kale, stems removed
- ½ c dried basil
- 2 medium garlic cloves
- 2 Tbsp freshly grated Parmesan
- ¼ c sunflower seeds
- ¾ c olive oil
- Salt & freshly ground pepper
- Kale and sunflower seeds make up this unusual dark green winter pesto. Toss with a firm-textured whole wheat pasta & Parmesan cheese, or try it w/Linguine and Broccoli.
- Combine kale, basil, garlic, cheese, & sunflower seeds in blender. Process to mix. With blender running, slowly add the olive oil. Season to taste with salt & freshly ground pepper and process to desired consistency.
- Yield: About 1-1/4 cups

Cream of Parsnip-Leek Soup

Source: Asparagus to Zucchini

- 1 pound parsnips, scrubbed and diced
- 2 leeks, washed and sliced
- 5 cups chicken stock, seasoned with salt and pepper to taste
- ¼ cup powdered milk
- tamari or soy sauce
- chopped parsley

Cook parsnips and leeks in stock (just enough to cover) until tender. Puree in a blender. Add remaining stock and heat in double boiler. Whisk powdered milk into 1 cup water; add to soup about 10 minutes before serving. Add tamari or soy sauce, correct the seasoning, and garnish with chopped parsley. Makes 4 – 6 servings.

Stuffed Pumpkin with Gruyere Cheese

Source: Pumpkins and Squashes

- | | |
|------------------------------------|---------------------------------------|
| 1 medium pumpkin | salt and pepper |
| 1 ¼ cups heavy cream | crusty bread |
| 3 garlic cloves, thinly sliced | watercress, arugula or spinach salad, |
| 1 tbsp fresh or dried thyme leaves | to serve |
| 4 ½ oz/125 g grated Gruyere cheese | |

Preheat oven to 350 degrees F. Cut horizontally straight through the top quarter of the pumpkin to form a lid. Scoop out the seeds. Put the pumpkin in a large, deep ovenproof dish. Heat the cream and garlic together in a saucepan until just below the boiling point. Remove from the heat, then season to taste with salt and pepper and stir in the thyme. Pour into the pumpkin and pop the lid on top. Bake in the preheated oven for 1 hour, or until the flesh is tender – the exact cooking time will depend on the size of the pumpkin. Be careful to avoid overcooking the pumpkin, or it may collapse. Remove from the oven, then lift off the lid and scatter over the Gruyere cheese. Return to the oven and bake for an additional 10 minutes. Serve the soft pumpkin flesh with a generous portion of the cheesy cream, some good crusty bread, and a salad of pepper watercress, arugula or spinach leaves.

• **Celeriac:** Don't be put off by the celery root's rough exterior. Inside, a surprisingly delicious and versatile vegetable waits to be added to your culinary repertoire. Celeriac has an excellent crisp texture raw or cooked, and super-concentrated celery flavor, enhancing its usefulness as both vegetable and seasoning. Slice off stalks at the root crown. Soak the root in warm water to loosen dirt in the crevices, then scrub thoroughly with a stiff veggie brush. If exterior is too tough, peel with a knife.

• **Parsnips** are a long season crop that reward the patient gardener with white roots, packed with a surprisingly sweet, nutty flavor that is perfected by frost. Parsnips substitute well for carrots in recipes. Add parsnips to soups, stews, pot roasts and salads, or enjoy them alone as a cooked vegetable. Peel slice or chunk parsnips according to recipe directions. Yield: 1 lb. fresh parsnip = 3 cups sliced or diced.

• **Sunchokes** are worth a creative effort in the kitchen. Their mild, sweet, nutlike flavor is very adaptable. Sunchokes are free of any starch, and have instead a polysaccharide called inulin that's digested slowly and lowers blood sugar, making them a highly recommended food choice for diabetics. On the other hand, the slow digestion of inulin has a slight tendency to cause gas in some people. . . so experiment with these in select company!