

THIS WEEK'S HARVEST

- Acorn Squash
- Carrots
- Celariac
- Bell Peppers
- Green Beans
- Green Tomatoes
- Leeks
- Pie Pumpkins

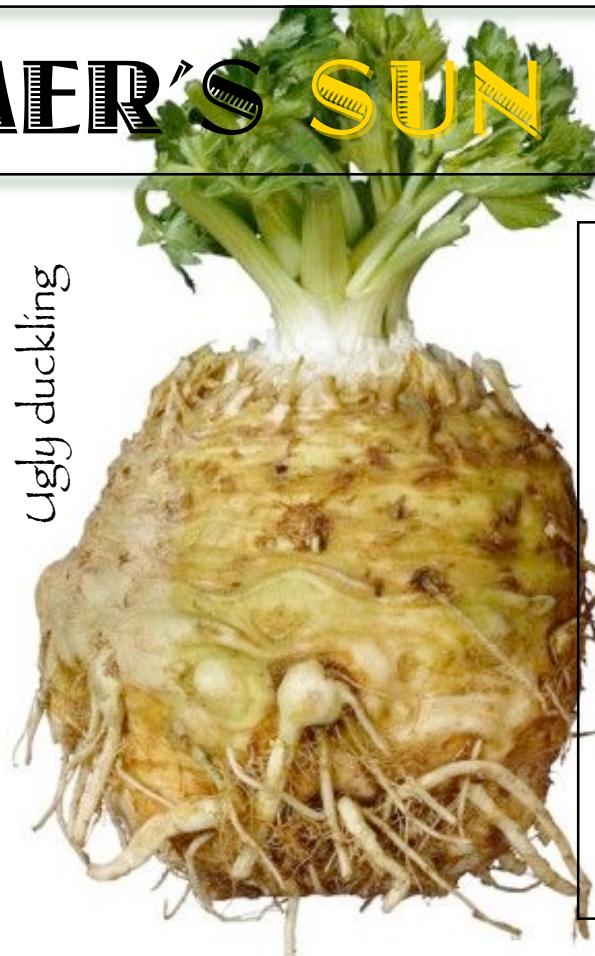
TO COOK A PUMPKIN...

- Slice in Half
- Remove Seeds – Save for Roasting
- Place pumpkin halves facedown in a baking dish and add 1/2" of water.
- Bake until tender at 450 +/- 50 min.

ANNOUNCEMENTS

- Pie pumpkins should keep at room temperature for a while. If you don't plan to cook them right away, enjoy them as fall décor...inside!
- More cooking squash and pumpkin varieties to come.
- 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.

CELERIAC – Danielle's Favorite
Ugly duckling



This time of year, celeriac can be a perfect non-starch substitute for potatoes in a warming meal, and can be prepared in a similar way. Mashed, shaped into batons and boiled, or even French fried, celery root can provide a winning accompaniment to a fresh green vegetable or salad and anything roasted or grilled. It may be used raw or cooked. Its tough, furrowed, outer surface is usually sliced off before use because it is too rough to peel.

Celeriac has a celery flavor, and is often used as a flavoring in soups and stews
Celeriac normally keeps well and should last three to four months if stored between 32 degrees 41 degrees Fahrenheit and not allowed to dry out.

Penne with Pumpkin Sauce

Source: Pumpkins and Squashes

- 4 T unsalted butter
- 4 oz onion or shallots, finely chopped
- 1-2 pumpkins
- Pinch of freshly grated nutmeg
- 12 oz penne or radiatore pasta
- ¾ Cup cream
- 4 T freshly grated Parmesan cheese
- 2 T chopped fresh flat leaf parsley
- Salt and Pepper

1. Melt the butter in a heavy saucepan over low heat. Add onions, sprinkle with a little salt, cover and cook, stirring frequently, for 25-30 minutes.
2. Halve pumpkin, scoop out seeds, peel and finely chop the flesh. Put the pumpkin into the saucepan and season to taste with nutmeg. Cover and cook over low heat, stirring occasionally, for 45 minutes
3. Meanwhile, bring a large saucepan of lightly salted water to a boil. Add the pasta, return to a boil, and cook for 8-10 minutes. Drain, but reserve about 2/3 cup of the cooking liquid
4. Stir the cream, grated Parmesan cheese, and parsley into the pumpkin sauce and season to taste with salt and pepper. If the mixture seems a little too thick, add some reserved cooking liquid. Toss with pasta noodles and garnish with Parmesan cheese.



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