

THIS WEEK'S HARVEST

- Butternut Squash
- Carrots - Thumbilina
- Garlic
- Greens → Mustard and Swiss Chard
- Mint
- Mystery Squash!
- Purple Potatoes
- Shallots
- Sunchoke aka Jerusalem Artichokes

Just a warning, sunchoke may have the side effect of making some people a little gaseous. This is due to the fact that they have a high inulin content, which some people do not easily process.

Garlic Mint Tea!

Garlic is a great immune system booster, something we could all use this time of year. A great tea for both immunity and energy is Garlic Mint Tea. Crush 3-4 garlic cloves into a tea pot, add generous handful of mint leaves, and cover with boiling water. Strain into your favorite mug and Enjoy!

Sunchokes are tubers, which resemble ginger root, have a consistency much like potatoes, and in their raw form have a similar taste to potatoes except they are crunchier and sweeter with a slightly nutty taste. They are native to North America and were widely cultivated by Native Americans.

Like potatoes, sunchoke can be served with or without the skin - scrub clean and leave it on for maximum nutritional benefit. The carbohydrates give the tubers a tendency to become soft and mushy if boiled, so it is best to steam them lightly to preserve their texture. Unlike potatoes, sunchoke can also be used raw (e.g. in salads) or lightly stir-fried.

- The mystery squash found in your box is one of a number of unique varieties we trialed this year. It is edible, but if you like the looks of it, it should keep for a time before cutting into it.
- To keep your garlic and shallots be sure to store them in a cool dark spot that has some airflow. Do NOT put them in a plastic bag as they will likely mold.

Sunchoke Bisque

Serves 4-6

- | | |
|---------------------------------|--|
| 1 lb sunchoke, unpeeled | bay leaf |
| 2 waxy potatoes like Yukon Gold | milk or cream |
| 1 celery rib | salt & pepper |
| 1 onion | croutons |
| 5 cups stock or water | pumpkin seeds, hazenut oil or pumpkin seed oil |
| 1 clove garlic, minced | |

Chop sunchoke, potato, celery, and onion. Toast the pumpkin seeds (if using) at 350 degrees until fragrant, 6-8 minutes, then cool. Heat vegetable oil in a soup pot, add chopped vegetables, and cook on medium-high heat until browned, about 10 minutes. Stir in garlic and cook another minute. Add stock and bay leaf and scrape the browned stuff off the bottom of the pot. Season with about 1/2 tsp salt and pepper to taste. Bring to a boil, then cover and cook on low for 20 minutes, or until potatoes are tender. Pour soup into a blender and puree until smooth, then return to pot and stir in milk or cream to desired consistency. Adjust seasonings. Serve with pumpkin seeds sprinkled on top or drizzled with one of the nut oils, which complement the artichoke flavor.