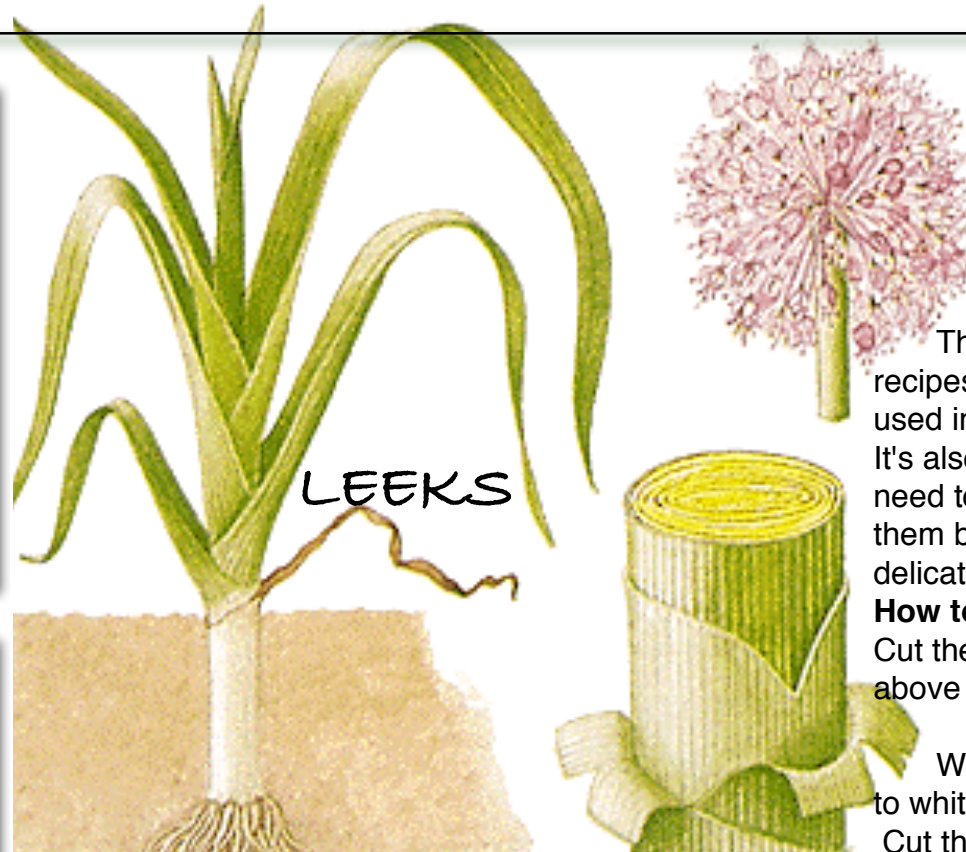


THIS WEEK'S HARVEST

- Basil
- Bell Pepper
- Braising Greens Mix
- Brussel Sprouts
- Cucumbers
- Leeks
- Parsnips
- Tomatoes →
Slicing/Salad/
Sauce
- Sweet Corn

ANNOUNCEMENTS

- The Farm Feast was a tasty success! We missed those of you who were not able to make it. Kudos to all who braved the rain and cold to share the meal. We have much to be thankful for this harvest season, particularly such great people to be sharing food with. The weather feels like summer is ending, but we still have a month of veggies to go!
 - It's Cover Crop Time!



Leeks have a very mild sweet onion flavor and are delicious when used in recipes but preparing them before cooking can seem a bit confusing if you haven't done it before.

The tender part of the leek is used in recipes, but much of the greens could be used in making stock.

It's also important to know that leeks need to be cleaned properly before using them because they have so many delicate layers where dirt hides.

How to Cut a Leek

Cut the root portion of the leek off just above the base and discard. Remove the tougher, dark green leaves.

What you have left is the light green to white section of the leek.

Cut this body portion in half lengthwise. Finally chop the leek into portions as described in your recipe.

How to Clean Leeks

The easiest way that I've found to clean leeks is to place the chopped leek portions into a colander and then submerge the entire colander into a bowl of cold water. Swish the leeks around in the water for a few seconds to let any dirt particles fall into the bottom of the bowl. Then simply lift the colander from the water and let drain.

Braising Greens Mix → Swiss Chard, Baby Beets, Baby Turnips, Tatsoi (mustard green)

1. Heat oil in a large skillet over medium-high heat and add greens and garlic, stirring to coat with oil. Stir occasionally until greens are barely wilted, just a few minutes.
2. Add vegetable broth or water and stir, allowing greens to steam until barely tender. Salt to taste.
3. Add flavorings and toppings as desired and serve.



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BIODIESEL

Tomato, Leek, and Onion Soup

Source: Rodale's Natural Foods Cookbook

¼ C olive oil
2 medium-size onions, diced
2 Leeks, thinly sliced
1 clove garlic, minced
2 T chopped fresh parsley
1 tsp thyme
1 bay leaf

2 C diced, peeled tomatoes
3 C Poultry Stock or Beef Stock
soy sauce, to taste
1 to 2 tsp honey
Parsley for garnish
Chopped Scallion tops (optional)

In a large skillet heat oil and sauté onions, leeks, and garlic until translucent, but not brown.

Combine sautéed vegetables, parsley, thyme, bay leaf, tomatoes, and stock in a 2-Quart saucepan. Cover and simmer until tomatoes are cooked and flavors are well combined, 20 to 30 minutes. Remove bay leaf.

Season with soy sauce and honey. Garnish with parsley and scallions before serving.
4 to 6 servings

Insalata Caprese Salad - Mozzarella, Tomato & Basil Plate

source: whatscookingamerica.net

1/2 pound fresh mozzarella cheese, sliced 1/4-inch thick
2 large ripe tomatoes, sliced 1/4-inch thick
1 cup fresh basil leaves
Coarse salt and freshly ground pepper
2 tablespoons drained capers (optional)
1/4 cup extra-virgin olive oil

In a circular design around the side of a serving plate, alternate fresh mozzarella slices on a large platter (or on individual plates if you are doing individual portions) with sliced tomatoes, overlapping for effect.

Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste. Sprinkle capers over the top.

Just before serving, drizzle on some excellent extra-virgin olive oil. **NOTE: Insalata Caprese should never be allowed to sit in oil for any length of time and become soggy, and no vinegar of any kind goes on Insalata Caprese!**

Brussels Sprouts!- The most common method of preparing Brussels sprouts for cooking is first to remove the buds from the stalk. Cut away any surplus stem and then peel and discard the surface leaves that are loosened by this cut. Cooking methods include boiling, steaming and roasting. Some cooks will cut a cross in center of the stem to aid the penetration.

Whatever cooking method is employed, **care must be taken not to overcook**. Overcooking releases the sulphur smelling glucosinolate, sinigrin. This is the reason many people profess to dislike Brussels sprouts; only ever having tried them overcooked with the accompanying sulfuric taste and smell. Generally 6–7 minutes boiled or steamed is enough to cook, without overcooking and releasing the sinigrin.

Some of our favorite combinations include Brussels and bacon, perhaps a bit of maple syrup, or even just butter and salt. Spaghetti with sprout balls was one of Danielle's delicacies in our vegetarian days!