

THIS WEEK'S HARVEST

- Broccoli
- Green Beans!
- Hot Peppers Jalepeno & Anaheim
- Leeks
- Mixed Potatoes
- Snow Peas
- Spinach Arugula Mix
- Zeppelin Delicatta Squash
- Bread – Ciabatta

Hear Ye, Hear Ye

From the kitchen of Sarah, one of our CSA members, comes this tip: If you have veggies that you don't know what to do with at the end of the week, cook them all down in a pot with any herbs available. Chop firmer, crunchier veggies such as carrots first, and don't hesitate to include lettuce or greens. Cook until soft, puree, and use as veggie soup stock. This can be used right away, or frozen for soup base mid-winter.

- The broccoli in your box should be soaked in salt water before use to ensure that any little green guys are removed. We spotted a few that snuck up on us in the cooler weather.



FIRE & FROST

Nothing Gold Can Stay

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

- Robert Frost, 1923

The golden light of the bon fire cast shadows all around the farm the evening of the Feast, but as Mr. Frost so eloquently points out, it did not last long. We suddenly find ourselves amidst another gold as the wooded edges of the fields here begin to light up with color. The small 'f' frost visited us over the weekend, echoing the big 'F' Frost's last line. The tomatoes are done, basil no more, and the last of the pumpkins are in from the field. The farm is in a low area, close to marsh land and the river, giving us the short straw for frost well before many other gardens see their greens wither. The fields are alive, however, with many cold hardy crops and roots to boot. The harvest continues through the end of October as we welcome my favorite time of year...soup season!

Broccoli Soufflé

Source: The Practical Produce Cookbook

6 T butter	1 ½ C milk
1/3 C flour	6 eggs, separated
¾ tsp salt	1 ½ C chopped broccoli, cooked
¼ tsp ground nutmeg	¼ tsp cream of tartar
1/8 tsp pepper	1 C shredded Swiss cheese

Melt butter, stir in flour, salt, nutmeg and pepper until smooth. Stir milk in gradually. Cook until mixture boils or thickens. Remove from heat. In a small bowl beat egg yolks with a fork. Stir some of the hot mixture into the eggs, then pour eggs back into hot mixture. Cook over low heat, stirring constantly, for one minute. Remove from heat and stir in broccoli. Beat egg whites and cream of tartar until stiff. Fold broccoli mixture and Swiss cheese into the egg whites. Pour into 2 quart soufflé dish and place on lowest rack in oven. Bake at 375 degrees for 45 minutes or until top is puffy and brown.

Leek Potato Soup

Source: The Practical Produce Cookbook

3 T butter
4 C sliced leeks
1 lb potatoes, peeled and diced
4 C chicken broth
1/8 tsp pepper
1 bay leaf
½ C sour cream
4 slices fried, crumbled bacon (optional)

Melt butter in a 3 quart saucepan. Add leeks and cook until tender. Stir in potatoes, broth, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer approximately 20 minutes. Remove bay leaf and cool slightly. Blend mixture, half at a time, until smooth. Pour blended mixture back into saucepan. Gradually stir in sour cream. Cook over low heat for 3 minutes. Serve hot and garnish bowls with bacon.

• **Winter Squash** can be baked by cutting in half and placed upside down on a cookie sheet with sides or in a glass baking dish. Add ¼ inch water to the pan. Bake at 350 – 375 degrees for 45 minutes to 1 ½ hours, depending on the size of the fruit. The squash should be fork tender when done.

• **Hot Peppers** are easy to dry for winter use. Using a long, sharp needle and strong thread or fishing line, string the peppers together. Leave enough room for the air to circulate between each pepper. Hang your stringed peppers in a warm, dry place, preferably in direct sunlight. Peppers may take a few weeks to dry completely. If you want the pepper seed intact, this is the method you'll need to use when drying hot peppers.

• **Snow Peas** are different than the sugar snap peas that you found in your boxes this spring. The snow peas have a flat pod and are commonly used in Asian cuisine. They are great stir fried, but can also be enjoyed raw. The whole pod can be eaten.