

High Meadow Farm CSA

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Newsletter 16

September 27, 2011

In This Weeks Box:

Acorn Squash
Broccoli (large shares)
Beets
Daikon Radish

Delicata Squash
Lacinato Kale
Red Onions
Parsley

Sweet Peppers
Potatoes
Tomatoes

This bread week is "Baker's Surprise!"



Some weather we've been having!

They say the sky sill stop spinning soon, though. If you want to come out to the pumpkin patch, please do!

The best times are:

Wednesday 10:00 - 6:00

Thursday 10:00 - 6:00

Friday 10:00 - 6:00

Saturday 1:00 - 5:00

If you can't get pick up your pumpkin let us know via email, if you haven't already, and we will bring it to your site on Tuesday, Oct. 4th.

Delicata Squash

We harvested enough Delicata squash for one more delivery. Delicata will not store well or for very long, so we are sending out this last delivery of it today. It is so easy to cook with and so easy to eat it up! A few members have loved it roasted as in this recipe:

Heat oven to 425°. Cut squash lengthwise and remove seeds. Slice into 1/2 "sections and lay flat side down on a metal baking pan. Coat squash lightly with olive oil. Bake in oven for 10 minutes and turn. Continue doing that every 10 minutes or until squash is caramelized and tender. Salt lightly and serve!

Parsley. Not just a garnish! Often underappreciated, but it is really a great, fresh tasting green and addition to many dishes. Chop it fine and add it to your potatoes, pasta and veggies!

Acorn Squash

Acorn squash is one of our favorites for simply roasting and eating out of the shell. It's so warming and satisfying on a cool fall day. Bake it and add butter, salt and honey after, or for a sweeter version, try mixing 2 Tbs. each of butter, brown sugar and maple syrup together and putting half of it in each squash half and baking it cut-side up at 400° for 1 hr. Scoop our and serve in a bowl or back in the shell.

Can you believe the size of the **Radishes** this week?? Not just any radishes, though; **Daikon Radishes**, the long, white roots that look like overgrown carrots.

These are just the thinnings. It is said that these Japanese radishes can weigh in at 50 lbs each when mature! (Don't worry; we're not trying to compete.)

Daikon is used a lot in Japan for pickling and fermenting. They are mild and delicious raw, but also used for cooking, either sautéed or toasted or in stir-fries, soups, etc. No need to peel, just scrub and eat.

Make a nice slaw with Daikon and 2 of the beets in your box; cut 2 beets and 1 med. Daikon into 1/8 "julienne strips. Put in bowl. Add 1 tsp toasted sesame oil, 2 tsp canola oil 1 tsp rice vinegar, and 1 tsp salt. Let sit for 1/2 hour; taste, season and serve. (*From your A-Z cookbook.*)

I will post more information and recipes for Daikon on the blog due to lack of space!

Beets

This delicious recipe was sent in by some of our beet-loving members:

Beet and Barley Salad

½ cup medium pearl barley	¼ cup feta cheese crumbled
¼ teaspoon salt	¼ cup olive oil
2 cups water	¼ cup red wine vinegar
2 cups cooked beets diced (to cook skin and boil)	¼ teaspoon salt
1 garlic scrape	Black pepper (optional)
2 tablespoons fresh dill minced	½ teaspoon sugar (optional)
	Craisins
	Leftover roasted chicken (optional)

Rinse barley in cold water; drain. Place barley in small saucepan with salt and water. Bring to a boil; cover and simmer over low heat 40 to 45 minutes--till tender and water is absorbed. Set aside to cool in a large serving bowl.

Add Beets, garlic scrape, dill, and feta to cooled barley.

Whisk together olive oil, vinegar, salt, pepper and if desired sugar.

Add to beet-barley mixture. Toss lightly. Serve over bed of lettuce.

Sprinkle with craisins and place diced leftover roasted chicken on the side.

The potatoes

this week are either Adirondack Blue, Golden Russet or Dark Red Norland. The blues are truly blue and very delicious. Russets have netted, golden skins and Norland's are the red ones. Any of these potatoes will work well for roasting with the other roots in your box or fridge.

Roasted Vegetables

Nearly all of the veggies in your box are perfect for oven roasting or roasting on the grill. The key is cutting them to similar sized chunks with no thin edges, tossing them very lightly with olive oil and salting lightly before roasting so that they caramelize and flavors intensify. Lay them out in a thin layer on a baking sheet and roast at 400°, stirring occasionally, until lightly brown and evenly cooked.

Great veggies for roasting: Potatoes, small, whole or cubed *Daikon*Beets * Delicata or Butternut squash * Onions* Kohlrabi * Celery root * Turnips * Carrots * Garlic

Next week we can look forward to spinach, salad, scallions, butternut squash, cooking greens and more!

Facebook

Many of you have suggested that we create a Facebook page for the farm and now we have! It's new, but there are lots of photos, info about farm happenings and soon to be a recipe section. Check us out and be our FB friend!

Kale

At least the kale can appreciate a cold, rainy day! The flavor becomes enhanced with cooler weather, so fall is perfect for kale. These great recipes were sent in by one of our members. Find more recipes on the blog!

Bacon Kale:

1-2 bunches kale, tough stems and center ribs removed

- 2-4 bacon slices, cut into 1/2-inch pieces
- 4 garlic cloves, finely chopped
- 2 cups water

Preparation

Stack a few kale leaves and roll lengthwise into a cigar shape. Cut crosswise into 1/4-inch-wide strips with a sharp knife. Repeat with remaining leaves. Cook bacon in a wide heavy pot or deep sauté pan over moderate heat, stirring occasionally, until crisp, then transfer with a slotted spoon to drain. Pour off and discard all but 1 tablespoon fat from pot, then cook garlic in remaining fat over moderately low heat, stirring, until pale golden, about 30 seconds. Add kale (pot will be full) and cook, turning with tongs or wooden spoon, until wilted and bright green, about 1-6 minutes. Add water and simmer, as needed if bacon fat cooks down. Toss with bacon and salt and pepper to taste.

Spicy Garlic Kale:

1-2 bunches kale, tough stems and center ribs removed

- 2-4 tsp red pepper flakes to taste
- 2-3 olive oil
- splash apple cider vinegar (alternate vinegar ok)
- 4 garlic cloves, finely chopped
- 2 cups water
- Large deep sauté pan or heavy pot

Preparation

Stack a few kale leaves and roll lengthwise into a cigar shape. Cut crosswise into 1/4-inch-wide strips with a sharp knife. Repeat with remaining leaves. Leaves can also be torn into small pieces. Cook garlic in 2 TB olive oil over moderately low heat, stirring, until pale golden, about 30 seconds. Add kale, red pepper flakes, black pepper and a pinch of sea salt. Add splash of vinegar and cook, turning with tongs or wooden spoon, until wilted and bright green, about 1-6 minutes. Add water and simmer, as needed if oil cooks down.