

Crème de la Crop

What do I get?

Quantity represents ½ membership, Subject to change

Epicureans: Bag Of Tomatoes or Delicata Winter Squash, 10 Long Narrow Cayenne Pepper, Nasturtiums, Sage

You Choose 4 Of The Following (4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, 1 melons, Lima Beans, 4 cucumbers, 4 summer squash, Lima, Purple Hull Peas, Cabbage, Kale, tomatillos, corn & Radishes)

Standard: Bag Of Tomatoes or Delicata Winter Squash, 10 Long Narrow Cayenne Pepper

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Winter Squash

Delicata, Zeppelin



Zeppelin is good Delicata, from an old strain that was not affected when the trade allowed this beloved 1894 heirloom to be crossed by desert gourds. The lovely ivory-colored oblong 1 lb. fruits with dark green stripes have the unsurpassed sweetness that gives Delicata its good reputation. In storage the green stripes turn a delicate orange and the cream background sometimes yellows.

We have approx 4400 tomato plants. With the recent drought and cooler evenings they are not producing as they have been in the past. Currently we are watering, fertilizing (fish emulsion) adding raw phosphate (produces flowers) All of which will increase production.

Sauteed Watercress

Adapted From Gourmet October 1991

yield: Serves 8
Can be prepared in
45 minutes or less.

- **2 large garlic cloves, minced**
- **3 tablespoons olive oil**
- **6 bunches of watercress, coarse stems discarded and the watercress rinsed but not spun dry (about 16 cups)**

In a large heavy skillet sauté the garlic in the oil over moderately high heat for 30 seconds, or until it is fragrant, add the watercress, and stir the mixture until it is combined well. Sauté the watercress, covered, for 2 to 3 minutes, or until it is just wilted, and season it with salt and pepper.

SubStitute
Nasturtiums
Leaves and
flowers in the
above recipe

Butternut Squash Ravioli with Crispy Sage Brown Butter

Recipe Adapted from Emeril Lagasse, 2005
Show: Emeril LiveEpisode: Everynight Italian

3/4 cup butternut squash puree (*needs to be very tight)
1-ounce mascarpone cheese
Salt and freshly ground white pepper
2 sheets fresh egg pasta, each sheet cut into 6 rectangles
1-ounce roasted pecans, chopped
8 tablespoons butter
12 to 16 fresh sage leaves
1/3 cup freshly grated Parmigiano-Reggiano

Bring a pot of salted water to a boil. In a mixing bowl, combine the butternut puree with the mascarpone cheese and season, to taste, with salt and white pepper. In the center of 6 pasta rectangles, place 2 tablespoons of the butternut puree mixture. Sprinkle with the chopped pecans. Slightly wet the edges of the pasta with a little cool water. Lay the other 6 pasta rectangles over the filled pasta rectangles. Gently seal each ravioli by pressing around all edges with the tines of a fork. Place the ravioli in the boiling water and cook for 3 to 5 minutes, or until the pasta is cooked al dente. Remove from the water and drain. Season the ravioli with salt and pepper.

Heat a saute pan over medium-high heat and, when hot, add the butter and let it melt in 1 spot. (Do not move the pan.)

When the butter has begun to brown around the edges, pick up the saute pan and swirl to keep the melted butter from burning and to melt the remaining butter. Add the sage leaves and reduce the heat to medium. Continue to cook until the leaves are crispy, 1 to 2 minutes. Season with salt and pepper. To serve as an appetizer, lay 1 ravioli in a shallow bowl and spoon the brown butter over the top.

Garnish with the crispy sage leaves. Sprinkle with Parmigiano-Reggiano and serve..

Delicata Squash with Rosemary, Sage, and Cider Glaze

Recipe Adapted From Epicurious March 2000
Jerry Traunfeld
The Herbfarm Cookbook



Photo from epicurious.com

yield: Makes 6 servings

This is my favorite way to cook winter squash. You peel, and slice it, then cook it in a skillet with cider and winter herbs. When most of the liquid boils away, the cider forms a tart-sweet glaze around the now-tender squash.

Delicata is a wonderfully firm-textured squash that's not too sweet and almost like a potato. Other varieties like acorn, turban, or kabocha will make good substitutes, but they may not hold their shape quite as well through the braising.

2 medium delicata squash (about 2 pounds) or other firm winter squash
3 tablespoons unsalted butter
1/4 cup very coarsely chopped fresh sage
1 tablespoon coarsely chopped fresh rosemary
1 1/2 cups fresh unfiltered apple cider or juice
1 cup water
2 teaspoons sherry vinegar
1 teaspoon salt
Freshly ground black pepper

1. Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch-thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.

2. Herb Butter. Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

3. Cooking the squash. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

Roasted Kabocha Squash Soup with Pancetta and Sage

Adapted from Gourmet | October 2000

1 (4-lb) kabocha squash, halved and seeded
1 cup vegetable oil
20 whole fresh sage leaves plus 1 1/2 teaspoons chopped fresh sage
1/4 lb sliced pancetta, coarsely chopped
1 tablespoon olive oil
1 large onion, chopped
2 garlic cloves, minced
3 1/2 cups chicken broth
3 1/2 cups water
1 tablespoon red-wine vinegar

Roast squash:

Preheat oven to 400°F.

Roast squash, cut sides down, in an oiled roasting pan in middle of oven until tender, about 1 hour. When cool enough to handle, scrape flesh from skin.

Fry sage leaves while squash roasts:

Heat vegetable oil in a deep small saucepan until it registers 365°F on a deep-fat thermometer. Fry sage leaves in 3 batches until crisp, 3 to 5 seconds. Transfer leaves with a slotted spoon to paper towels to drain.

Cook pancetta and make soup:

Cook pancetta in a 4-quart heavy pot over moderate heat, stirring, until browned. Transfer pancetta with slotted spoon to paper towels to drain.

Add olive oil to pancetta fat remaining in pot, then cook onion, stirring, until softened. Stir in garlic and chopped sage and cook, stirring, until fragrant, about 1 minute. Add squash, broth, and water and simmer 20 minutes to blend flavors.

Purée soup in batches in a blender, transferring to a bowl. (Use caution when blending hot liquids.) Return soup to pot and reheat. If necessary, thin to desired consistency with water.

Stir in vinegar and salt and pepper to taste.

Serve sprinkled with pancetta and fried sage leaves.

Tomato Feta Pasta Salad

Recipe Adapted from Ina Garten Show:
Barefoot Contessa Episode: Perfect Pasta

Ingredients

1/2 pound fusilli (spirals) pasta
Kosher salt
Good olive oil
1 pound ripe tomatoes, medium-diced
3/4 cup good black olives, such as kalamata, pitted and diced
1 pound good feta cheese, medium-diced
6 sun-dried tomatoes in oil, drained and chopped

For the dressing:

5 sun-dried tomatoes in oil, drained
2 tablespoons red wine vinegar
6 tablespoons good olive oil
1 garlic clove, diced
1 teaspoon capers, drained
1 teaspoon kosher salt
3/4 teaspoon freshly ground black pepper
1 cup freshly grated Parmesan
1 cup packed flat-leaf parsley, chopped

Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to the directions on the package. Drain well and allow to cool. Place the pasta in a bowl and add the tomatoes, olives, feta and chopped sun-dried tomatoes.

For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt and pepper in a food processor until almost smooth.

Pour the dressing over the pasta, sprinkle with the Parmesan and parsley, and toss well.

The above recipe taste great with green and colored sweet peppers.