

Crème de la Crop

What do I get?

Quantity represents ½ membership, Subject to change

Epicureans: Butternut Squash, 7 Carrots, 2 Potatoes, 2 Onions, Bag Of Green Slicing, Bag Of Green Paste, Green Cherry Tomatoes, Fennel & 7 chili peppers

You Choose 2 Of The Following (Leeks, Ripe Tomatoes, Jalapeno Peppers, Habanero Peppers, Mixed Sweet Peppers, Cabbage, Mini Orange Sweet Peppers, & Radishes)

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Farm News:

As many of you are already know, we have had an early frost this season. Combined with very little rain in the month of September and 10-20 degrees lower than average temperatures in October, the production of our crops has slowed down and some varieties will not fully develop. This week we will be supplementing purchased organic potatoes, celery, and carrots and providing you with the squash and green tomatoes we managed to save this weekend working until dusk before the frost on Sunday morning. Not all crops were affected by the frost. We will be having winter squash, baby beets, rutabagas, salad greens, cooking greens, arugula, Brussels sprouts, leeks, and cabbage over of the course of the next couple weeks. If you have any questions, please let us know. Thank you for your understanding!

Turkey Shepards Pie

Recipe adapted from Chef Keith Snow , From www.harvesteating.com

Active Time: 30 minutes

Total Time: 1 hour

Servings: 6-8

Recommended Beverage:
California Chardonnay

Chef's Notes

This dish is totally different than shepards pie but I think you will like it, especially if you are looking for a lower fat dish.

Description:

Try this dish which is an interesting take on classic Shepards pie which has lamb or beef. This one uses lean ground turkey.

Ingredients:

- 1 1/2 lbs all white meat ground turkey
- 2 tbs olive oil
- 2 tsp Harvest Eating Seasoning optional
- 1 lb kale chopped and steamed
- 1 cup butternut squash diced
- 2 cups grits cooked in milk
- 1 cup sharp cheddar shredded

Method: 1. In a large pot over medium heat cook the turkey in the olive oil for about ten minutes drain and set aside.

2. In a two quart casserole pan place the cooked turkey in an even layer and season with Harvest Eating seasoning then place the chopped cooked kale on top of the turkey.

3. Then sprinkle the butternut squash on top. then with the back of a spoon spread the cooked grits to cover the turkey and vegetables sprinkle the top with cheddar cheese and bake in a 350 degree oven for 40 minutes or until cheese is browned slightly.

Oops All Gone Potato Soup

Recipe adapted from thepioneerwoman.com/tasty-kitchen

Added by CursingMama on October 5, 2009 in Creamy Soups, Soups

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Difficulty: Easy

Serves: 6

- 3 Tablespoons Butter
- 1 whole Medium Onion, Chopped
- 2 stalks Celery, Chopped
- 3 whole Carrots, Sliced Into Coins
- 4 whole Potatoes Diced (1/3 Should Be Diced Small - The Balance Should Be Diced Bigger Than Bite Size)
- 2 cups Water - As Needed See Below
- 12 ounces, weight Diced Pre-cooked Ham
- 2 cups Skim Milk - More Or Less
- 1 dash(es) Salt To Taste
- 1 dash(es) Black Pepper To Taste
- Assorted Shredded Cheese For Garnish

Melt butter in a heavy-bottomed pot. Saute the onion until it starts to caramelize and turn golden brown. Add the celery and cook until the celery has begun to soften. Add the carrots and potatoes. Add enough water to just cover the veggies (see note). Add some pepper to taste (I like mine peppery, the kids not so much), bring to a boil and then simmer until ready to add milk.

(Note: I simmer it until the carrots are tender, the tiny potatoes have broken down and there is only a little water left. If you have watery potatoes, or want to eat sooner and have everything cut into small pieces, then use less water.)

Add the ham. Stir in the milk (amount depends on how much broth you like for your soup) and gently heat until the milk and ham are the desired serving temperature. Cheese to taste! Don't forget to have some yummy bread on hand for mopping up the bottom of the bowl!

Butternut Squash Soup

Created by: Chef Keith Snow
From: www.harvesteating.com
Thank you Kathryn Mcmillan for recommending this website ☺

Active Time: 15 min

Total Time: 1 hour

Servings: 4

Recommended Beverage: chardonnay

Garnish each serving with a heaping teaspoon of real sour cream.

Butternut squash soup is a healthy and hearty soup recipe that is a favorite at my house each fall when squash are abundant in local markets. This soup can be made in bulk and frozen for later use too.

1 medium butternut squash
1 small onion minced
1 rib celery
1 tbs fresh ginger grated
3 tbs butter
2 cups chicken broth or veggie broth organic
1/2 cup organic heavy cream
1-2 cups water
1 pinch nutmeg fresh grated
sour cream for garnish

1. Preheat oven to 350 degrees.
2. Cut squash in half lengthwise and scoop out the seeds. Arrange the halves in roasting pan that has been greased with olive oil or butter. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool.
3. When the squash is completely cool, scoop the flesh from the skin.
4. While the squash is baking, cook the onion and the celery (optional ginger) in the butter in a saucepan, over moderately low heat, for 5 minutes until the onion and celery are softened.
5. Add the broth and simmer the mixture for 10 minutes, covered, add the squash pulp to the saucepan.
6. Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste.
7. Return the soup to the saucepan, add cream and cook over moderate heat until hot.

Creamy Dreamy Clam Chowder

Recipe from the
pioneerwoman.com/tasty-kitchen
Added By Pterra2008 On August 2, 2009 In Creamy Soups, Soups

Prep Time 15 Minutes

Cook Time 40 Minutes

Difficulty Easy

Serves 10

6 slices Diced Bacon
2 whole Medium Sized Carrots Thinly Sliced
2 stalks Celery, Thinly Sliced
1 whole Small Onion Chopped
1/2 whole Small Green Pepper Chopped (optional)
1 clove Garlic, Minced
1-1/2 pound Thin Skinned Potatoes (white Or Yukon Gold)
2 bottles 8 Oz. Clam Juice Or Nector
8 cans 6.5 Oz. Cans Chopped Clams
1 whole Bay Leaf
1/2 teaspoons Liquid Hot Pepper Sauce
1/4 teaspoons Fresh Ground Black Pepper
1-1/2 teaspoon Worcestershire Sauce
3/4 teaspoons Dried Thyme
4 cups Whipping Cream
Salt To Taste
Thicken With Cornstarch And Cold Water Mixture If Desired

1. In a 6-8 quart stock pot, cook bacon over med. heat until crisp. Remove from the pan, drain and set aside. Discard all but 2 tbs. of the drippings. Add carrots, celery, onion, green pepper, and garlic to the drippings and cook, stirring often until soft (approx. 10 min.).
2. Cut potatoes into 1/2" cubes. Add to vegetable mix along with the clam juice and the bay leaf. Bring to a boil, reduce heat, cover and simmer until potatoes are tender (about 15 min.).
3. Stir in the clams and their liquid, hot pepper sauce, pepper, worcestershire, thyme, cream and bacon. Heat until steaming over med. low heat. Season to taste with salt. Thicken if desired.

Basic Homemade Chicken Stock

Recipe adapted from Chef Keith Snow,
www.harvesteating.com

Active Time: 10 minutes

Total Time: 1 hour 45 minutes

Chef's Notes

This mixture can be portioned then frozen for up to 6 months. Be sure to cool it as quickly as possible.

Basic homemade chicken stock is easy to make at home. This simple recipe will produce a tasty all natural chicken stock. You can use the box stuff but next time you roast a chicken make this recipe.

1 carcass chicken roasted
2 stalks celery chopped in 2 inch pieces
2 whole medium carrots chopped in 2 inch pieces
1 large onion quartered
2 whole bay leaves
1 bunch fresh thyme
4-5 whole black peppercorns
1 small bunch Italian parsley

1. Place all ingredients into a large stock pot that holds at least 2 gallons water.
2. Fill with very cold tap water leaving 3 inches from the top
3. Bring to boil, then lower heat to a simmer and leave uncovered.
4. Occasionally skim of any scum that rises to the surface.
5. Simmer the stock for 45-90 minutes. Strain into another container, discard vegetation, then place that container of hot stock in the sink and surround with ice water, stir to cool this stock down then refrigerate.

Chef's Note: This mixture can be portioned then frozen for up to 6 months. Be sure to cool it as quickly as possible.