

## 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)

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

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This is the last week to lock into our **October Rates** for next years season.

If you want to be part of our **winter programs** we need to know by Thursday Morning. Please email us and we can send you an invoice to let you know what the amount owed is.

It was a pleasure providing everyone with produce this year. We love being a part of the Community providing local organic produce directly to you. Your support helps make this operation possible.

Thank you for your continued support.

## Jerusalem Artichoke and Sweet Potato Gratin

Recipe Adapted From Food & Wine Magazine Grace Parisi, MARCH 1998

### Yield

4-6

### Ingredients

- 1 tablespoon unsalted butter
- 1 leek, white and tender green, thinly sliced
- 1/4 cup homemade dry bread crumbs
- 2 tablespoons freshly grated Gruyère cheese
- 1 pound Jerusalem artichokes, thinly sliced crosswise
- Salt and freshly ground pepper
- 1 medium sweet potato (about 1/2 pound), peeled and thinly sliced crosswise
- 3/4 cup heavy cream

### Preparation

Preheat the oven to 350°. Using 1 teaspoon of the butter, grease a 9-inch glass pie plate and a 12-inch square of foil.

In a medium skillet, melt 1 teaspoon of the butter. Add the leek and cook over moderately high heat until softened but still green, about 2 minutes. Transfer the leek to a plate.

Melt the remaining 1 teaspoon of butter in the skillet and add the bread crumbs. Cook, stirring, until coated and lightly browned. Transfer the crumbs to a plate and toss with the Gruyère.

Layer half of the Jerusalem artichoke slices in the prepared pie plate and season with salt and pepper. Cover with half of the leek slices and half of the sweet potato slices, reserving the nicest slices for the top. Season with salt and pepper and repeat with the remaining Jerusalem artichokes, leek and sweet potato. Pour the cream evenly over the top.

Cover the pie plate with the foil, buttered side down, and bake for 30 minutes, or until bubbling and the vegetables are just tender. Remove the foil and bake for 20 minutes, or until lightly browned. Sprinkle the crumbs on top and bake for 20 minutes longer, or until golden. Let stand for 15 minutes before serving.

## Sunchoke Dip Recipe

Adapted From Sunset Magazine March 1999

Notes: This hummus-like dip was created by Loretta Barrett Oden of Corn Dance Cafe in Santa Fe and Josiah Citrin of JiRaffe in Los Angeles for the Cuisines of the Sun program at the Mauna Lani Bay Hotel in Hawaii. Jerusalem artichoke (also known as sunchoke) is the root of a native American variety of sunflower. You'll need about 8 cups of chips.

Yield Makes about 2 cups dip; 8 servings

### Ingredients

- 1 1/2 pounds Jerusalem artichokes
- 2 cloves garlic, peeled
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 1 to 2 tablespoons minced fresh jalapeño chilies
- Salt
- Blue or red corn chips (or a combination)

### Preparation

1. Peel Jerusalem artichokes and rinse.
2. In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil. Add Jerusalem artichokes and cook until tender when pierced, about 12 minutes. Drain.
3. In a blender or food processor, whirl Jerusalem artichokes, garlic, lemon juice, and oil until smoothly puréed; scrape container sides as needed. Add chilies and salt to taste. Scrape into a bowl.
4. To eat, scoop up dip with corn chips.

### Nutritional Information

Calories: 92 (50% from fat)  
Protein: 1.3g  
Fat: 5.1g (sat 0.7)  
Carbohydrate: 11g  
Fiber: 1g  
Sodium: 3.8mg  
Cholesterol: 0.0mg

# Winter-Vegetable Stew with Sunchokes

Recipe adapted from Cooking Lite



Photo: Randy Mayor; Styling: Mary Catherine Muir

## Yield

4 servings (serving size: 1 cup)

## Ingredients

2 tablespoons olive oil  
2 cups chopped onion  
1/4 teaspoon dried thyme  
6 garlic cloves, minced  
2 bay leaves  
2 cups (2-inch-thick) sliced carrot  
1 cup (2-inch-thick) sliced celery  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon ground nutmeg  
1/2 pound Jerusalem artichokes (sunchokes), cut into 1/2-inch-thick pieces (about 2 cups)  
4 peeled red potatoes, quartered (about 1 pound)  
1 cup dry red wine  
1 tablespoon all-purpose flour  
1 tablespoon tomato paste  
1 cup water  
Chopped fresh parsley (optional)

## Preparation

Heat olive oil in a Dutch oven over medium heat. Add onion, thyme, garlic, and bay leaves, and cook 12 minutes or until onion begins to brown. Add carrot and next 6 ingredients (carrot through potatoes), and cook 5 minutes. Add wine, and bring to a boil. Reduce heat; simmer until wine is reduced to 1/2 cup (about 5 minutes). Stir in flour and tomato paste with a whisk; cover and cook 2 minutes. Stir in water; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until carrot is tender. Garnish with chopped parsley, if desired.

## Nutritional Information

Calories: 289 (23% from fat)  
Fat: 7.3g (sat 1g, mono 5g, poly 0.8g)  
Protein: 6.4g  
Carbohydrate: 52.3g  
Fiber: 6.7g  
Cholesterol: 0.0mg  
Iron: 4.8mg  
Sodium: 357mg  
Calcium: 82mg

# "Healthified" French Onion Soup

Recipe Adapted From *eatbetteramerica*.

**Spoon up a pièce de résistance in the alluring savory taste of french onion soup. There's more that's good for you, and less that isn't.**

Prep Time: 1 hr  
Start to Finish: 1 hr 15 min  
makes: 4 servings

1 tablespoon olive or canola oil  
4 medium onions (about 1 1/2 lb), sliced (8 cups)  
1 carton (32 oz) reduced-sodium beef broth (4 cups)  
1/4 teaspoon dried thyme leaves  
1/4 teaspoon pepper  
1 bay leaf  
2 teaspoons reduced-sodium soy sauce  
8 slices (1/2 inch thick) baguette French bread  
1/4 cup shredded fresh Parmesan cheese (1 oz)

In 4-quart nonstick Dutch oven, heat oil over medium heat. Add onions; cook uncovered 10 minutes, stirring frequently. Reduce heat to medium-low. Cook 35 to 40 minutes longer, stirring frequently, until onions are light golden brown (onions will shrink during cooking).

Stir in broth, thyme, pepper, bay leaf and soy sauce. Heat to boiling. Reduce heat to low; cover and simmer 15 minutes. Remove bay leaf.

Meanwhile, set oven control to broil. Place baguette slices on ungreased cookie sheet. Sprinkle cheese evenly on slices. Broil with tops 4 to 6 inches from heat 30 to 60 seconds or until cheese is melted. Watch carefully so cheese does not burn.

To serve, ladle soup into bowls. Serve with baguette slices.

# Spaghetti with Parsley Almond Pesto

Recipe Adapted From *Food & Wine*, 1997

Parsley, rather than the traditional basil, makes this pesto a year-round staple. Because the taste of almonds is more delicate than that of the usual pine nuts, we have chopped rather than ground them. Their flavor really comes through when you bite in to a nutty chunk.

Yield  
4

## Ingredients

1 clove garlic  
1 1/2 cups lightly packed flat-leaf parsley with thick stems removed  
3/4 teaspoon salt  
1/3 cup olive oil  
1/3 cup unsalted blanched almonds  
3/4 pound spaghetti  
2 plum tomatoes, chopped

## Preparation

In a food processor, puree the garlic and parsley with the salt. With the machine running, add the olive oil in a thin stream. Add the almonds and pulse to chop.

In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes. Reserve 1/2 cup of the pasta water. Drain the spaghetti and toss with 1/4 cup of the reserved pasta water, the pesto, and the tomatoes. If the sauce seems too thick, add more of the reserved pasta water.

Variations: Spaghetti with Parsley Almond Pesto and Parmesan: Stir 1/4 cup grated Parmesan into the parsley pesto after chopping the almonds.

Spaghetti with Parsley Pine-Nut Pesto: Use 1/3 cup pine nuts in place of the almonds for a more traditional pesto.

What Is Pesto?: Traditional pesto is an uncooked sauce from Genoa made with basil, garlic, olive oil, grated cheese, and pine nuts. More recently pesto, which literally means crushed, is being used as a general term to describe many herb-and-nut purees. Feel free to experiment with different herbs, nuts, and grated cheeses, depending on what you like and can get easily.

Wine Recommendation: With the parsley, olive oil, and almonds, a simple, lively white wine is best. Good examples are a pinot grigio from the Alto Adige and a Vernaccia di San Gimignano from Tuscany.