

## Crème de la Crop

What do I get?

Quantity represents 1/2 membership, Subject to change

Epicureans: Garlic, Yellow Klamath Pearl Potatoes, Thelma Sanders Acorn Winter Squash, Buttercup Winter Squash & Candy Storage Onions

Standard: Garlic, Russet Potatoes, Green Acorn Winter Squash, Sugar Pie Pumpkins & Candy Storage Onions

## Spicy Pumpkin Seeds

Recipe adapted from Bobby Flay, *Boy Meets Grill, The Big Game*

- 3 cups pumpkin seeds
- 2 tablespoons canola oil
- 1 1/2 tablespoons ancho chili powder
- 1 tablespoon kosher salt
- 1 teaspoon chile de arbol powder

Preheat oven to 350 degrees F.

Place the pumpkin seeds in a large bowl and toss with the oil, ancho powder, salt, and chile de arbol powder. Spread evenly on a baking sheet and bake for 8 to 10 minutes, stirring once. Let cool and store in an airtight container.

## This Weeks Winter Squash

### Buttercup



Dark green, blocky, with a gray "button" on the blossom end. The medium-small, 3-5 lb., fruits have deep orange, fiberless flesh with a rich, sweet flavor. A northern New England favorite.

### Blue Ballet



A sweet, scaled-down Blue Hubbard. A much smaller Blue Hubbard. Smooth-skinned, blue-gray fruits are medium size, avg. 4-6 lb., with sweeter, bright orange, fiberless flesh. Stores well.

### Thelma Sanders



This variety came into Seed Savers Exchange collection from Ohio members Tom and Sue Knoche who are squash collectors and two of the earliest members of SSE. Wonderful cream-colored acorn-type squash. Our favorite two-serving baking squash. Excellent flavor, enormously productive. A great family heirloom.

## Oh So Good French Onion Soup

Recipe Adapted From Rachael Ray, 30 Minute Meals

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- 6 medium onions, thinly sliced
- Salt and freshly ground black pepper
- 2 teaspoons fresh thyme, picked and chopped or poultry seasoning
- 1 bay leaf, fresh or dried
- 1/2 cup dry sherry
- 6 cups beef stock
- 4 thick slices crusty bread, toasted
- 2 1/2 cups shredded Gruyere or Swiss cheese

Heat a deep pot over medium to medium high heat. Work next to the stove to slice onions. Add oil and butter to the pot. Add onions to the pot as you slice them. When all the onions are in the pot, season with salt and pepper and 1 teaspoon fresh thyme. Cook onions 15 to 18 minutes, stirring frequently, until tender, sweet and caramel colored. Add bay leaf and sherry to the pot and deglaze the pan drippings. Add 6 cups stock and cover pot to bring soup up to a quick boil.

Arrange 4 small, deep soup bowls or crocks on a cookie sheet. Preheat broiler to high. Once soup reaches a boil, ladle it into bowls. Float toasted crusty bread on soup and cover each bowl with a mound of cheese. Sprinkle remaining fresh thyme on cheese and place cookie sheet with soup bowls on it under hot broiler until cheese melts and bubbles.

# Pumpkin Muffins

Recipe Adapted From Ellie Krieger, Food Network Specials, All-Star Holiday Gifts

Cook Time: 20 Minutes

Level: Easy

Yield: 12 Muffins

- Cooking spray
- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulphered molasses
- 1/4 cup canola oil
- 2 large eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1/4 cup raw, unsalted pumpkin seeds

Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.

In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.

In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.

Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

**Use any type of winter squash for the above recipe**

# Roasted Garlic

Recipe Adapted From Gourmet Magazine

2 large bulbs garlic  
2 tablespoons extra-virgin olive oil  
Salt and freshly ground black pepper to taste

In this recipe, we do not peel the garlic bulb but rather roast it in its papery covering. With a very sharp knife, remove just enough of the root end of the garlic bulb to flatten it enough to sit upright. From the more tapered, flower end of the bulb, slice 1/4 to 1/2-inch off the top to reveal the garlic cloves within, but do not remove too much of the cloves' flesh.

Preheat the oven to 350 degrees F. Place the garlic bulbs upright in a baking dish, and drizzle 1 to 2 tablespoons olive oil over the top of the exposed cloves.

Season with a touch of salt and pepper, cover with aluminum foil, and roast 30 to 35 minutes, until the garlic cloves take on a rich golden color and the papery covering has begun to brown but has not blackened.

Remove from the oven and cool several minutes before serving. The garlic also can be served at room temperature and used in place of butter on the dinner table.

# Garlic Roasted Potatoes

Recipe Adapted From Barefoot Contessa 2001

- 3 pounds small red or white potatoes
  - 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated.

Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.

Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

# Baby Spinach, Avocado, and Pumpkin Seed Salad

Recipe Adapted From Courtesy Nigella Lawson

10 cups baby spinach leaves, washed and ready to use  
1/2 cup green pumpkin seeds  
2 (small to medium-sized) avocados  
2 tablespoons olive oil  
1 lime, zested and juiced  
1/2 teaspoon salt

Put the spinach leaves and pumpkin seeds into a large salad bowl.

Halve the avocados and then remove the stones. Spoon out the flesh over the salad leaves and pumpkin seeds.

Mix the olive oil, lime juice and zest in a small bowl. Add the salt and whisk to emulsify.

Pour the dressing over the salad, and then gently toss everything together using your hands. Take care not to mush the avocado pieces.