

In the basket . . .

Bibb Lettuce (organic) – New this week!

We are thrilled that the baby bibbs are ready to harvest before the end of the season. Packed with flavor, the delicate leaves are tender and sweet.

Green Leaf or Red Romaine Lettuce (organic)

Remember that these heads will store longer than the mixed salad greens. A little time spent now to rinse and dry the lettuce will allow you to enjoy crisp fresh salads for days to come. Check below for several fresh salad recipes.

Brussels Sprouts (organic)

The easiest way to prepare is to rinse and throw into a pan with either butter (the best!) or extra virgin olive oil. The larger sprouts can be scored on the bottom to help cook at the same speed as the smaller ones.

Celery Heads (organic)

Use this fresh celery in any soup recipe to help bring out the flavors of the other ingredients. Add to your medley of roasted vegetables on the grill or in the oven. The leaves can be processed with a little water and put into the freezer to pull out later for soups or stews. The stalk adds great flavor to your vegetable or meat stocks. Visit the 9-25-06 newsletter on the website for the wonderful celery soup recipe.

Fresh Arugula (organic)

Add some fresh leaves to your lettuce salads for a spicy flavor. Other preparation ideas include chopping with tomatoes, basil, and oil for a fresh pasta sauce; using in place of spinach in a quiche or frittata; steaming and serving as a side green.

Sweet Basil and Cilantro (organic)

Find a couple of recipes below to extend your enjoyment of these wonderful warm season herbs.

Butternut Squash

Remember that the butternut will keep in your pantry for weeks. Easy to bring out on a cold day to make a thick soup, the butternut provides a nutritious addition to any meal. Many recipes call for peeling the squash, which may be the most difficult part. Another option is to slice in half lengthwise, scoop out the seeds, place facedown on a baking dish, add a little water to avoid drying out. Bake at 350 for 40 minutes to 1 hour depending on size. Find a recipe below using the butternut in a tasty seasonal salad.

Summer Squash

Enjoy this late offering of yellow summer squash. It is difficult to produce this late in the season and we feel fortunate that our fall planting came through.

Sweet Peppers – (green bells, organic)

With weather predictions of cool temperatures on the way, these may be the last peppers available this season. Enjoy now or take a little time to put into the freezer. You will be glad to have your own come next January and February!

Red Tomatoes or Green Tomatoes (organic)

Tomatoes can be oven-roasted to add a different flavor before making salsa or tomato sauce. Also, enjoy with fresh herbs and a fresh homemade dressing.

SWAP BOX: This week find several varieties of hot peppers including **Jalapeno, Serrano, Hot Banana, Poblano,** and even the **Habanero.**

Recipes . . .

Roasted Butternut Squash, Pear & Nut Salad

adapted by Kay

1 medium butternut squash
½ C olive or nut oil (walnut or hazelnut)
1/3 C balsamic vinegar
¼ C honey
¼ tsp salt
dash ground allspice
2 dash freshly ground black pepper
mixed salad greens
2 small ripe red pears, cored and sliced
4 oz shaved cheese (smoked gouda, blue cheese)
½ C toasted walnuts, hazelnuts, pecans

Peel squash, halve and remove seeds. Cut into 1-in cubes and arrange in a shallow roasting pan. Roast, uncovered, 425-degree oven for 15 minutes. Meanwhile, whisk together oil, vinegar, honey, salt, allspice, pepper until combined. Drizzle ¼ C of dressing mixture over partially baked squash; toss to coat. Roast squash 5 to 10 minutes more or until tender. Cool in pan on wire rack about 20 minutes. To serve, arrange greens. Top with pear slices, cheese, and squash cubes. Whisk remaining dressing and drizzle over salad. Top with roasted nuts. Serves 8-10.

Cilantro Vinaigrette *from Cooking with Nora*

1/3 C cilantro leaves, tightly packed
2 shallots or 1 small onion, packed

2 cloves garlic, peeled
1 small green jalapeno pepper
1 inch piece of fresh ginger, peeled and sliced
1 T tamari
1 T rice wine vinegar
3 T water
3 T oil

Preheat oven to 400 degrees. Put garlic and onion in non-reactive baking dish. Add 1 tsp olive oil and season with salt and pepper. Cover with foil and roast for 30-40 minutes until soft. After roasted, put all ingredients in a blender. Puree until smooth.

Bibb Lettuce with Herb Dressing *adapted from Cooking with Nora*

1 C fresh herbs (parsley, basil, mixed)
½ tsp minced garlic
2 T white wine vinegar
peel of ½ lemon
3 T water
¼ C olive oil
salt and pepper
head of Bibb lettuce
½ sweet bell pepper, cut into ¼ inch cubes

Make the dressing by adding herbs, garlic, vinegar, lemon peel, water, olive oil to a blender. Puree until smooth. Season to taste with salt and pepper. Arrange each quartered head of lettuce onto plates. Pour some of the dressing into the center of the wedge. Add cut pepper for garnish. Enjoy.

Easy Tomato Salsa – Pico de Gallo

1-pound tomatoes, cut in half, seeds squeezed out
1 jalapeno, seeds removed and minced
¼ tsp ground cumin
¼ tsp minced garlic
1 T minced shallot or red onion
¼ C cilantro leaves, chopped
juice of 1 lime
salt and pepper to taste

Cut tomatoes into even ¼ inch cubes. Put into a bowl all ingredients. Add salt and pepper to taste.

News from the farm . . .

John and the farm crew have been rather busy lately even though it seems that things should be slowing down. All the winter squash needs to be harvested and stored for winter. Any remaining summer vegetables need to be harvested – but this takes much longer since so many items are not as high quality as produced in summer. Much more

time is spent checking closely for blemishes and grading out only the best fruit. The stakes in all the tomato fields need to be pulled up, the tomato twine gathered, and the irrigation lines pulled out of the fields, drained, and stored for winter.

John has been putting in some long days preparing fields and planting the winter cover crops. These crops are very important for several reasons including providing a nitrogen source when turned under next spring. The roots and plant material will hold the topsoil during winter windy weather. Spring crops that must be planted now also take a lot of time to prepare and plant. Garlic, shallots and onions have been planted in the field, and strawberries are in the high tunnel. Crops for the fall season CSA are underway in the field, in the tunnel, and in the greenhouse. Let us know if you want to participate in the **Fall CSA** or come visit us Saturdays at the Lexington farmers market.

We would like to take this opportunity to express our sincere thanks to each of you for your support this season. Your commitment as a partner with the farm through CSA conveys your interest in the sustainability of farms like Elmwood Stock Farm. We will continue our efforts to produce the best food we can for you as together we develop a real local community food system. Happy eating!



The Elmwood farm crew

Please help us evaluate the season by returning your member survey. Contact the farm if you need a survey.
Elmwood Stock Farm, 859-621-0755
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