

In the basket ...

This week find a healthy selection of several things in your basket ...

Acorn Squash - New this week!

This hard winter squash is a great reminder that fall is on the way if not already here. The hard outer shell will keep the inside flesh fresh for several months, so this is a good storage item if you don't get to cook it this week.

You can bake these for a moist, wonderful flavor. Wash the skin, cut in half, remove the seeds. Place cut side down in a dish with a little water to keep from sticking. Bake at 350-400 degrees for 45 minutes to an hour. Turn right side up, add butter or olive oil and any herbs or seasonings (nutmeg, cinnamon, cloves, or brown sugar are all yummy!) Put back into oven until top turns a little brown. Enjoy right out of the shell.

To roast the seeds, bake on cookie sheets at 350 degrees for about 20 minutes.

Fall Greens Mix (organic) – New this week!

Enjoy a medley of braising or cooking greens that might include Kale, Collard greens, Turnip greens, Curly Mustard, and the Giant Red Mustard.

Celery (organic)

Enjoy this celery in a wonderful soup recipe shared by a CSA member a couple of weeks back. Remember that adding a fresh green to any soup will enhance the flavor of every ingredient in there!

Arugula (organic)

Add this flavorful green to your tossed salad, or try the recipe below for a nice pasta meal.

Fall Salad Mix (organic)

Red Slicing Tomatoes

Sweet Peppers

Hot Peppers

Cilantro (organic)

Sweet Basil (organic)

Cool temperatures will get the basil first, so enjoy it while it still is producing.

Swap Box - Remember that if there's something in your basket that you don't want, you can leave that item in the Swap Box and take another item in its place.

In the Regular and Robust baskets:

Edible flower (organic)

Okra (organic)

Eggplant

Recipes to enjoy ...

Celery Roquefort Soup

Moosewood Restaurant Daily Special

2 T butter
1 C diced onions
2 C diced celery
1 C water
2 C milk
4 ounces Roquefort or blue cheese
8 ounces Neufchatel or cream cheese
salt and ground black pepper to taste

In a soup pot melt the butter on medium heat. Add the onions and celery, cover, and cook, stirring frequently, until soft but not browned, 10 to 15 minutes. Add the water, cover, and bring to a simmer.

In a blender, combine the milk, blue cheese, and cream cheese and puree until very smooth. Stir the puree into the soup and add salt and pepper to taste. Reheat gently and serve hot.

Spaghetti with Arugula, Tomato and Ricotta

from The Best of Fine Cooking, 2006.

1 lb dry spaghetti
5 ounces arugula, washed, long stems removed
½ C extra-virgin olive oil
salt and freshly ground pepper to taste
2 tsp dried oregano
3 tomatoes, cut into ½ inch dice
5 ounce grated ricotta (or mozzarella or Parmesan)

Cook the spaghetti in plenty of salted boiling water until al dente. Drain well, but don't rinse. Put the arugula in a large bowl and toss it with the pasta, oil, salt, pepper, oregano, and tomatoes. Gently toss and divide among bowls. Top with the grated cheese and serve immediately. Serves 4 to 6.

Spicy Greens with Garlic

From The Food Network

8 cloves peeled garlic, thinly sliced
¼ C extra-virgin olive oil
2 medium onions, halved and sliced
1/8 tsp crushed red pepper
salt
2-3 large bunches torn greens
grated Romano or Parmesan cheese

Cook the garlic in olive oil in a large skillet over medium-high heat, stirring occasionally, until golden brown and crispy, about 3 minutes; take care that the garlic doesn't get too brown or it will be bitter. Using a slotted spoon, transfer the garlic to a paper towel. Add the onions and red pepper (add a little more if you like things spicy) to the skillet and cook, stirring, until light brown, about 10 minutes. When the onions are almost done, add the greens in batches and cook, uncovered, just until tender, about 2 minutes. Cover and cook, stirring occasionally, until tender, about 5 minutes. Transfer to a serving dish. Top with the reserved garlic and garnish with cheese. Serves 4.

News to Use . . .

1. There are **two more weeks** of CSA after this week. Please make sure that you return any baskets so we can clean and store them over winter. For those folks with an Elmwood credit, please let us know when you would like some veggies, meats, compost, etc.
2. Our **Fall Season CSA** sign-up is now available – let us know if you are interested, as we will have limited shares available.

3. We have included a sheet of information about the CSA for fall for you. If you are not interested, perhaps you could pass it on to someone else.
4. **Turkey signups** are also now available. Please ask to learn more about the two types of turkeys we have, the sizes available, dates for pickup, and the pricing. As many already know, Elmwood turkeys are heritage breeds raised outdoors, and are certified organic. These unique attributes make our turkeys a specialty item that is very rare across the United States. We require pre-ordering since they do sell out every holiday season.



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