

*In the basket . . .*

October 3-4, 2005

**Butternut Squash** – The big oblong hard squash is a butternut, a great “keeper” for the fall season. You need a big knife to cut, but the flesh goes all the way up into the neck, so there is a fair amount of food in these things. Cut it in half just above the bulb part, then cut each of those halves lengthwise – a little easier to handle. Scoop out the seeds and bake in a covered baking dish at 350 degrees for 40 to 60 minutes depending upon how much you have. Add some water to your pan to keep it from sticking and help it to steam cook. Scoop out the cooked squash to then use in many recipes. Or, use apple cider rather than water while steaming, and the scooped out flesh will already be full of flavor. You can also cut out into cubes and sauté quickly after baking to caramelize the sweet meat. Enjoy.

**Turnips** – Since falling out of favor with some, the turnip is making a comeback! It has great nutritional value, is a good storage vegetable, and you can eat both the tops and the root. To store, remove the greens and use them fairly soon. The turnips can be stored for several weeks in the hydrator drawer of your refrigerator. They are wonderful thrown into a pot roast with potatoes and onions, can be oven roasted with beets or potatoes, and find another tasty recipe below.

### **Gold New Potatoes**

### **Summer Squash**

#### **Mixed Braising Greens: Curly Kale, Red Russian Kale, Giant Red Mustard, Turnip Greens**

-- The mix is similar to the one we grew back in the spring and early summer. The mixture of greens makes a nice blend of flavors, and if you don't think you like “mustard” greens, you might be surprised when kale and the others offset them. Fold in half and cut out the stem if you want to do a quick sauté, otherwise the entire leaf can be boiled in liquid over a medium-high heat – the time depends on what texture you like. If you simmer for 20 to 30 minutes, they will cook down to ¼ to one-eighth of the original volume. Drain and serve while hot with a little vinegar sprinkled on top.

### **Tender Lettuce Salad Mix**

**Sweet Bell Peppers**  
**Green Onion**  
**Heirloom Tomatoes**  
**Pear Tomatoes**

### *Recipes of the week . . .*

#### **Garlic Mashed Turnips and Potatoes**

-- from *Farm Fresh Recipes*

1 lb turnips, peeled and diced  
1 lb potatoes, peeled and diced  
4 cloves of garlic, peeled  
3 T butter  
2 tsp sour cream or plain yogurt  
salt and pepper, to taste  
Boil turnips, potatoes, and garlic for 10 minutes in pot of salted water, until the vegetables are tender. Drain. Mash vegetables with butter and sour cream. Season with salt and pepper.

#### **Kay's Summer Squash Casserole**

2 C cooked squash, drain and mash well  
1 C milk  
4 T butter  
3 T sugar  
Heat milk, butter, and sugar. Add some dried onion flakes, salt and pepper to taste. Add 1 C cracker crumbs and squash to milk mixture. Allow to cool. Add 2 beaten eggs to mix. Put into baking dish and add few more cracker crumbs on top before cooking. Bake at 350 degrees for 30 minutes. Serves 6.

#### **Almost Fall Kale and Chickpea Soup**

-- from Vanessa Oliver

This soup is pretty quick and easy if you have a food processor, and vegan to boot. It says kale up there in the title, but any greens would do -- chard, mustard, or even collard -- just make sure that you cut out the center stem, cause it can be fibrous and tough. Try some of

the heirloom potatoes out there, too -- blue ones are my favorite for this soup, but gold would be good, too... Throw in some sliced roasted red peppers at the end of the cooking time for color and a new texture.

Three 15.5-ounce cans of chickpeas, WITH the liquid

4 medium heirloom potatoes

1 medium onion

2 cloves garlic

1 carrot

2 C chopped greens, about ½ pound

olive oil

water

spices: salt, pepper, ground clove, cayenne

Pulse the onion, garlic, and the carrot in the food processor until chopped. (When I say "pulse" I mean not to puree the vegetables, just keep hitting the "On" button in little bursts until they are finely chopped; or use the "Pulse" button if yours works. Mine doesn't.) Sauté these in the olive oil with the diced potatoes, salt and pepper. Puree one can of the chickpeas, and set aside. Add the two other cans of the chickpeas, with their liquid, to the pot. Add about two cups of cold water. When the soup comes to a boil, turn it down to a simmer, like low-medium heat. Add the chopped greens, pureed chickpeas, 2 pinches of the cloves, and as much cayenne as you like. Add more water if you think you need to, but remember that the greens will cook down pretty quickly - so you might want to wait to add the water until they do. Let simmer until the potatoes and the greens are tender, and then taste for salt. Serve with a little olive oil on top, and the roasted peppers if you want. This soup is really good on a cool night, especially with some good bread.

#### News from the Farm:

John says that while his last batch is not yet finished, he has some pretty good compost in the

making for fall gardens. Once the composted material finishes its heating and turning cycles, it reaches a stabilized point as "finished compost." John will begin to spread it across the vegetable fields. He will add it to the already established perennial crops like blackberries, and already incorporated some into the soil when planting strawberries and garlic last month. Even trees and shrubs can benefit from compost that offers microbial life back into the soil.

#### Tidbits:

--Elmwood's CSA Farm Tour and Harvest Meal scheduled for next Sunday, October 9, 2005. Tour begins at 5pm and casual cookout meal served about 6:30 pm. All family members are invited. Please dress for a casual event outdoors (although we do have shelter in our packing shed in case of rainy weather.) Please feel free to contact us anytime

--Next week is the last basket for the 2005 season. Please try to return any baskets to us so we can clean and store them for the winter. We will provide you with plastic bags and/or boxes for your final pickup next week that will not need to be returned. We will include a member survey next week that will help us plan for the 2006 season to better meet your needs.

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#### Directions to the farm from Lexington:

-Travel north on I-75 to the first Georgetown exit (Exit # 125), US 460. Turn right (east) and travel approximately 1.3 miles. Farm entrance is on the left, gravel drive with new fencing, just past a black barn on your right that sits very close to the road. Follow the gravel driveway back through the farm, passing two barns, passing the chicken houses; continue towards the packing shed until you see us!