



8 November 2007

Greetings CSAers,

Beth's Farm News: What's Growing On

November is the month for thankfulness, and I am always so appreciative of the good people in our community who contribute feeling especially grateful to Craig Kinnaman at Kiperts



Korner Feed. Last week I stopped by the store to make an appointment with Steve to have our tractor get its first maintenance check (it's been used over fifty hours since June). I mentioned in passing that we were in the market for a disc (an implement that helps cut up soil and incorporate crop residue). This past Tuesday when Craig and Steve came with their trailer to pick up the tractor, sitting on the trailer was an old disc! Craig had overheard my conversation and hauled out a disc from his farm that is no longer in use. I am completely blown away by his generosity. This greatly aids us in taking care of the land and producing healthy soil and crops.

What's in Your Box

Buttercup Squash - a Japanese "kabocha" type with orange, dry flesh and a sweet, pumpkiny flavor. Can be baked, boiled, steamed, roasted, pureed.

Parsnips - small yet delicious

Onions, yellow storage

Potatoes - All Blue and Cal White, both great for baking and mashing

Broccoli and/or Cauliflower

Turnip greens and small turnip roots. The greens, a great source of calcium, can be stir-fired, steamed, or boiled. The roots can be eaten raw, or boiled and mashed like potatoes.



Recipes

Turnip Greens in Coconut-Peanut Sauce

From "Uncommon Fruits and Vegetables: a Commonsense Guide"

$\frac{3}{4}$ pound turnip greens

$\frac{3}{4}$ pound spinach, kale, chard, or other greens

1 T. butter

1 onion, coarsely diced

1 hot pepper such as jalapeno, Hungarian hot wax, cayenne

1 cup coconut milk

$\frac{1}{2}$ cup roasted peanuts, very finely ground



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- 1) Cut turnip greens and other greens into thin slivers.
- 2) Heat butter in 2-3 quart non-reactive casserole dish. Stir in onion and chili; cook for a few minutes to soften slightly. Stir in greens over high heat.
- 3) Add coconut milk and peanuts. Simmer gently, partly covered, until greens are soft and velvety and the sauce is thickened and creamy - about 30 minutes.

Couscous Soup

From www.Cooks.com

- 2 tbsp. virgin olive oil
- 1 c. peeled & minced onion
- 1/2 tsp. ground red pepper
- 6 c. water
- 1 tsp. salt
- 1 lb. stewing lamb, trimmed, cubed
- 2 c. peeled tomatoes with juice
- 3 tbsp. tomato paste
- 2 c. diced potatoes
- 1 c. canned chick peas, drained & rinsed
- 1 c. peeled, diced buttercup squash
- 1 c. diced carrots
- 2 c. couscous (roughly ground semolina)
- 1/4 tsp. salt
- 3/4 c. cold water
- 1/4 c. butter, melted
- 1/4 c. raisins

Saute the onions with ground red pepper with olive oil in heavy skillet, about 5 minutes. Place all of remaining ingredients (except couscous) in a large soup kettle. Add sauteed onions. Cover soup and simmer over medium-high heat for 1 1/2 hours.

In a bowl, combine the couscous, salt and some water. Mix it well. Gradually add enough cold water to work the couscous into a firm ball. Place this in the top of a steamer over boiling water. (Substitute a strainer or a colander in a kettle with a lid.) Steam the couscous about an hour, or until the soup is ready.

Place the steamed couscous in a bowl; separate the grains. Mix in butter and raisins. Place 2 heaping tablespoons in each soup bowl and ladle plenty of soup broth over each portion. Let the soup set 5 minutes so the couscous will absorb the broth.

Serves 6

Enjoy!