



November 15, 2007

Greetings CSAers,

Beth's Farm News: What's Growing On

It's already mid-November, the time is flying for me. I was out of state over the weekend so missed the lovely windstorm you had. I hope you all made it though safely. It blew the plastic off the chard tunnels so we get to put those back on again.



The growers are busy turning compost, mulching, bringing in the dahlia bulbs, and removing row covers and stakes from the field. I'm excited to see the cabbage heading up! Hopefully we'll have some by December.

This wet, cold weather puts me in a soup mood, so I included two soup recipes below. If you have a favorite recipe using your CSA ingredients that you would like to share, please let us know!

What's in Your Box

- Carrots
- Broccoli
- Leek
- Potatoes - an assortment of yellow, white, blue, red
- Sweet Dumpling Winter Squash



Recipes

Cream Of Broccoli Soup

(I would add potatoes to this to help thicken it.)

- 2 lb. broccoli
- 2 tbsp. butter
- 1/2 c. yellow onions, chopped
- 1/4 c. chopped green pepper
- 2 tbsp. flour
- 6 c. soup stock
- 1 bay leaf
- Parsley
- 1 tsp. ground thyme
- 6 black peppercorns
- Pinch nutmeg
- 3 egg yolks, whipped & blended with 1 c. milk or cream



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Chop up the broccoli, saving some of the small buds and flowers for later use. Saute in the butter along with the onions and green pepper. Sprinkle with the flour and stir. Add to the soup stock, along with the bay leaf, parsley, thyme and peppercorns. Cook for 30 minutes and puree mixture in blender or sieve. Add the nutmeg. Strain the soup from the pulp and return to pan. Add the egg yolk and milk or cream mixture and pour into hot soup. Serve with some of the reserved broccoli buds floating in the bowl.

Serves 6-8.

Coconut-Ginger Spiced Carrot Soup

5 medium carrots, peeled and sliced into rounds
1 leek, chopped (dark green parts removed)
1 medium potato, diced
3 cloves garlic, finely chopped
1 1/2 inches ginger root, finely minced (about 2 tbsp)
1 can coconut milk (for a dairy version, substitute half and half or whipping cream)
4 cups stock or water
1/2 cup dry white wine (optional)
2 tbsp. vegetable oil
1 tsp. sweet paprika
1 tsp. turmeric
salt and pepper, to taste

Vegan/non-dairy and dairy options are indicated in the following recipe.

Heat vegetable oil in a medium-sized pot. Add onions, sauté about 2 minutes. Add leeks and garlic; sauté in pot for about 4-5 minutes until softened, but not browned.

Add carrots; stir vegetable mixture until carrots begin to caramelize a bit, about 6 more minutes (watch to prevent over-cooking).

Add potato, ginger, stock, and coconut milk (note- if using dairy cream, wait until soup is fully cooked, then add cream and heat to serving temperature); allow mixture to come to a boil for about 5 minutes; reduce heat and add spices (turmeric, paprika, salt, pepper).

Cover and simmer on low until potatoes are tender, about 20-25 minutes. Puree soup in batches in the blender, or use a hand-held blending appliance to obtain a smooth, velvety textured soup.

Garnish soup with roasted pepitas (pumpkin seeds). You can use seeds from your winter squashes!

Enjoy!