



November 20, 2007

Greetings CSAers,

Beth's Farm News: What's Growing On

Thanks to help from volunteers over the weekend, we put the chard tunnels back together again. On Monday a Cedar Creek crew began constructing low tunnels to cover the Red Russian and Lacinato kales in the south field. The plastic coverings will encourage a little more growth during these ever-darkening days of late fall. The crew also helped with some much-needed repairs—with the toilet securely bolted to the floor, using the restroom is now a much more pleasant experience!

Glenn and Debbie have been helping me sort through and weigh the winter squash while Nathan and Robert turn compost piles and wash potatoes.

We still have a number of large Cinderella pumpkins for sale, \$5 to \$9 each, depending on their size. These are excellent for making soups and muffins as well as for decorating. If you are interested in purchasing one, please let us know and we will include it with your next delivery with an invoice.



However you observe this holiday season, I hope it finds you well and warm.

What's in Your Box

Pie Pumpkins

Rutabagas—thought to have evolved as a cross between a turnip and a wild cabbage. Called "Swedes" in Europe due to its popularity in Sweden. Has a mild turnip flavor. Can be eaten raw, boiled, roasted, steamed, stir-fried, mashed or stewed (see the 2007 Summer CSA News Week #21 on the website, <http://www.leftfootorganics.org/Newsletter.php> for more on this underappreciated vegetable).



Potatoes, red and yellow

Parsnips—small, but sweet! Use the tops with leeks, garlic and/or onion to make a soup stock.

Onions, yellow storage

Siberian Kale

Recipes

St. Mary's Shrimp Stew from Chef Carole Greenwood of *Buck's Camping and Fishing in Maryland*, an October 12, 2005, *Washington Post* article "Chefs Transform the Unlovable Rutabaga"

1/2 cup (1 stick) unsalted butter or 1/2 cup extra-virgin olive oil

1 cup **rutabaga**, peeled and diced into 1/2 -inch cubes

1 cup white or red sweet potato, peeled and diced into 1/2 -inch cubes



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- 1 cup **winter squash**, peeled and diced into 1/2 -inch cubes
- 1 bulb fennel, coarsely chopped into 1/2 -inch pieces
- 2 large carrots, peeled and chopped into 1/2 -inch pieces
- 1 small red onion, thinly sliced
- 2 shallots, thinly sliced
- 2 large cloves garlic, thinly sliced
- 1 or 2 **leeks**, white part only, cut into thin circles/slices (about 1/2 cup)
- 1 cup mushrooms, preferably cremini or shiitake, finely chopped
- 1 tablespoon flour
- 1 sprig thyme or 1 teaspoon dried thyme leaves
- 2 teaspoons fennel seed
- 2 teaspoons curry powder
- 1 pound medium or large shrimp, shell on
- 1 bottle dry white wine
- 2 cups stock, clam juice or water
- 1/2 cup heavy cream
- Salt
- Freshly ground black pepper
- 1/2 cup flat-leaf parsley, coarsely chopped, for garnish

In a deep Dutch oven or heavy casserole over medium-low heat, melt the butter. Add the rutabaga, sweet potato, squash, fennel and carrots and cook until slightly softened but not browned, 15 to 20 minutes. Add the onion, shallots, garlic and leeks and cook until translucent and a little soft, 5 to 10 minutes. Increase the heat to medium-high, add mushrooms and stir until browned, about 1 minute. Add the flour, thyme, fennel seed and curry powder. Cook, stirring, until slightly thickened and fragrant, 1 to 2 minutes.

Add the shrimp and continue stirring until it is just turning pink on the outside (it should not be fully cooked), about 2 minutes. Remove pot from heat and, using tongs, transfer shrimp to a medium bowl and set aside.

Return pot to heat. When it is hot, pour in a small amount of wine, stirring and scraping up any bits of vegetable, then gradually add the rest of the wine and stock and mix thoroughly. Bring mixture to a gentle boil. Reduce heat to low, cover pan and simmer gently for 15 minutes. Taste and make sure the vegetables are soft and the flavors are balanced, cooking a bit longer if necessary. Return the shrimp to the pot and cook an additional 2 to 4 minutes, depending on the size of the shrimp, until the shrimp are cooked through and the stew is heated through. Add cream and heat through. Season generously with salt and pepper to taste. Serve in large bowls, garnished with chopped parsley.

Kale and Parsnips *from about.com:home cooking*

- 1 cup onions, halved and sliced
- 1 cup parsnips, halved and sliced



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- 1 Tbsp corn oil
- 1 cup water
- 2 Tbsp ginger, minced
- 1 quart kale, veins removed and cut into bite-sized pieces

Saute the onions and parsnips in oil for about 5 minutes, stirring occasionally to prevent burning. Add the water and ginger. Cover and simmer for 4 to 5 minutes. Add the kale and continue cooking 4 to 5 minutes longer. Stir occasionally but keep the saucepan covered otherwise. Serve hot.

Cashew Mushroom Loaf *from about.com:home cooking*

- 1 Tbsp vegetable oil
- 1 small **onion**, chopped
- 2 garlic cloves, crushed
- 8 ounces cashew nuts
- 4 ounces fresh bread crumbs
- 3 medium **parsnips**, cooked and mashed
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1 tsp nutritional yeast (optional)
- 1/4 pint hot water
- Salt and freshly ground pepper
- 1 ounce butter
- 8 ounces mushrooms, chopped

Pre-heat the oven to gas mark 4 or 350 degrees F (180 degrees C). Heat the oil and fry the onion and garlic until soft. Grind the cashew nuts, then mix with the breadcrumbs. Mix in the mashed parsnips and herbs. Add the onion, being sure to scrape all the juices into the mixture.

Dissolve the yeast in the water and mix into the vegetable nut mixture. Season well.

Melt the butter in a skillet and saute the chopped mushrooms until soft. Grease a 2-pound loaf tin then press in half the nut mixture. Cover with a layer of mushrooms and top with the rest of the nut mixture.

Press down well. Cover with foil and bake for 1 hour. When cooked, remove the pan and let stand for 10 minutes before turning onto a plate. Serve hot or cold. Slice to serve. Serve with vegetables or a crisp green salad.

Enjoy!