



November 29, 2007

Page 1 of 4

Greetings CSAers,

What's in Your Box

Red Kuri Winter Squash—Originally from Japan and also known as "baby red hubbard," this squash has an orange-red skin and is round with a slight teardrop shape. The flesh texture is very smooth and creamy, with a savory chestnut-like flavor.

Leeks

Potatoes

Arugula—an aromatic salad green with a peppery flavor.

Also known as rocket, roquette, rugula and rucola, arugula is very low in calories and is high in vitamins A and C. A 1/2 cup serving is two calories.

Radishes

Chard



Beth's Farm News: What's Growing On

Brrrr! That's my word for this week. Harvesting in 35 degrees makes for chilly fingers and toes. Some of us needed to take frequent breaks to warm ourselves up; others, like Ron, plunged their bare hands into cold water while washing and packing produce. Despite the cold temperatures, everyone has been working diligently. This mammoth compost pile constructed by Glenn and Ron, pictured here, is evidence!



On Tuesday, a Cedar Creek crew helped finish putting up low tunnels over the kale and parsley, reinforced the low tunnels over the chard, and helped me finish sorting and weighing the winter squash. We still have about 15 Cinderella pumpkins for sale. Contact us if you are interested in purchasing one. I've packed and weighed over a ton of squash. As you may have noticed, it is a staple item in your winter CSA box!

Jessie Reed joins us this week as a new job coach. She hails from Green River, Wyoming, completed an Associate's Degree in Horticulture from Spokane Falls Community College, and is completing her Bachelor's degree at The Evergreen State College. It's wonderful to have the additional support for growers on the farm. Please join me and the rest of the staff in welcoming her to Left Foot.



November 29, 2007

Page 2 of 4

Recipes

I made the following recipe this past weekend using Red Kuri squash. It is dense, moist, and not too sweet.

Zaide's Pumpkin-Banana Bread from *Beni's Family Cookbook* by Jane Breskin Zalben

2 cups unbleached flour (*I used 1 cup white and 1 cup whole wheat*)

2 tsp baking powder

1.5 tsp baking soda

$\frac{1}{4}$ cup butter

$\frac{1}{3}$ cup dark brown sugar

2 eggs, beaten

1 tsp molasses

1 cup pumpkin, like Red Kuri or Small Sugar Pie

2 large ripe bananas

$\frac{1}{2}$ cup sour cream

$\frac{1}{2}$ cup plain yogurt

$\frac{1}{4}$ cup raisins

$\frac{1}{4}$ tsp cinnamon

Pinch of ground cloves

Dash of ginger and nutmeg

Pinch of salt

Whole almonds

1. Preheat oven to 350 degrees.
2. Sift flour, baking powder and baking soda into a bowl. Set aside.
3. In a large bowl, cream butter and sugar. Add eggs and mix well.
4. In a food processor or mixer, blend remaining ingredients except almonds with butter-sugar-egg mixture. Gradually add flour mixture.
5. Pour batter into 2 greased 5"x9" bread loaf pans or 1 long large pan. Fill three-fourths full.
6. Dot top of bread with whole almonds. Bake for at least 1 hour. Turn off heat and leave in oven to cool until center is dry and firm. Make sure top of loaf doesn't get too dark.

Quinoa and Garden Greens Pilaf from *"Amazing Herbs and Grains"* by Susan Belsinger, *The Herb Companion* magazine, January 2008

Quinoa (pronounced KEEN-WA) is often called a grain but is actually in the same family as chard and beets! It was originally cultivated in the Andes and has been an important food source for over 6,000 years.

2 tsp olive oil

1 onion, chopped to 1-1/4 cups

$\frac{1}{2}$ red bell pepper, copped to about $\frac{3}{4}$ cup

3 garlic cloves, minced or pressed

1-1/2 cups quinoa, rinsed and drained



November 29, 2007

Page 3 of 4

- 3 cups vegetable broth or water
- 2 heaping cups packed greens (**arugula, chard, kale**) cut into thin crosswise strips
- 1 small chili pepper, seeded and finely minced
- $\frac{1}{2}$ teaspoon salt (optional)

Preheat oven to 350 degrees. In a sauté pan with an ovenproof, tight-fitting lid, heat oil over medium. Add onions, partially cover pan and sauté for 2 minutes. Add bell pepper, stir and sauté for another 2-3 minutes. Add garlic and quinoa and sauté for 4-5 minutes, stirring occasionally. Carefully add about $\frac{1}{2}$ cup of broth or water. The pan will steam and bubble up furiously; repeat with another $\frac{1}{2}$ cup and stir. Add the rest of the broth or water, the greens and the chili. Sprinkle with salt, if desired. Stir well and cover pan.

When contents begin to simmer, transfer pan from the stovetop to the preheated oven. Bake for about 25 minutes, or until liquid is absorbed. Remove pilaf from oven and let stand, uncovered, for 5-10 minutes. Before serving, gently stir with a fork to mix in greens.

Stovetop method: After contents begin to simmer, cover, reduce heat to medium-low and continue to cook pilaf on the stovetop until tender.

Raisin, Pine Nut, Cheese and Chard Oven Omelet by *Lynne Rossetto Kasper* from *The Weeknight Kitchen*

15 minutes prep time; 45 minutes stove time.

Serves 3 to 4.

Cook to Cook: Use a skillet with an ovenproof handle, and be careful when setting it out; the handle will be hot.

- 1 bunch (5 stalks) **chard** or 1 pound spinach, stems and leaves separated
- Good-tasting extra-virgin olive oil
- 2 medium onions, cut into 1-inch dice
- Salt and fresh-ground black pepper
- 1 large garlic clove, minced
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon fresh thyme leaves, or more to taste
- $\frac{1}{3}$ cup golden raisins
- $\frac{1}{2}$ cup toasted pine nuts, or lightly crushed salted whole almonds
- 5 large eggs
- $\frac{3}{4}$ cup milk
- $\frac{1}{8}$ teaspoon each fresh-grated nutmeg, salt, and fresh-ground black pepper
- 1 cup fresh grated Parmigiano-Reggiano, Asiago or Fontinella cheese
- 1 cup shredded Muenster or Monterey Jack cheese

1. Preheat oven to 350 F. Chop the chard stems into 1-inch pieces, then chop the leaves the same way. Film a 10-inch skillet (with an ovenproof handle) with oil and heat over medium high. Add the onions, chard stems, and a little salt and pepper. Sauté to golden-brown.

2. Stir in the garlic and chard leaves in 2 batches. As the first batch wilts, add the second. Add the water and stir over medium high until the leaves look like cooked spinach and the liquid is



November 29, 2007

Page 4 of 4

evaporated. Stir in the thyme, raisins, and nuts, and remove the pan from the heat.

3. Beat together the eggs, milk, nutmeg, salt, pepper, and 2/3 of each of the cheeses. Pour the mixture over the cooked greens. Sprinkle with the remaining cheeses, cover with foil, and bake for 30 minutes. Uncover and bake 10 to 15 minutes more, or until a knife inserted in the center comes out with only a few bits of creamy egg and cheese clinging to it.

4. Let the omelet stand 5 to 10 minutes before cutting it into wedges.

Enjoy!