

Four Friends' CSA News

The Bean Pole

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2008 Season

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Dear Shareholders and Friends,

This week's harvest contains: Butternut squash, sweet potatoes, sweet peppers, cherry tomatoes, mixed cooking greens, and culinary herbs.

Here's a recipe for Butternut squash soup adapted from Paul Grimes's recent article on www.epicurious.com. His recipe is called "butternut squash soup with chestnuts". When I made the soup, I substituted as many Four Friends' CSA grown or locally available ingredients as possible. My adaptations are here, but check out Paul's version too if you like.

SAVE THE DATE:

Well, folks, this is week 17! After this week, only 3 more weeks till the end of the season and the CSA. To thank you, we would like to invite all CSA shareholder's, even those who get delivery to their place of work, to our open house at the farm on the final pickup day, Tuesday, October 28th. The farmers will cook something special for you all and hope you to come to the farm with an appetite! At this time, we will also have enrollment for next year: 2009.

Butternut Squash Soup

1 medium sized chopped onion
1 medium sized chopped carrot
1 chopped celery rib
1 lb of diced tomatoes, (drained)
3 large sprigs of thyme
1 bay leaf
2 tbsp. extra virgin olive oil
1½ lbs. butternut squash, peeled, seeded and cut into 1 inch cubes,
(about 3½ cups)
5 cups of water
¼ tsp. of freshly grated nutmeg
½ cup of lightly toasted walnuts

*Cook onion, carrot, celery, tomatoes, thyme, and bay leaf in oil in a 4- to 5-quart heavy pot over medium-low heat, stirring occasionally, until softened, about 8 minutes.

*Add squash, water, nutmeg, 1 tsp. salt, and ¼ tsp. pepper and simmer, covered, until squash is very tender, 20 to 25 minutes. Discard thyme and bay leaf.

*Puree soup in batches in a blender until smooth (use caution when blending hot liquids). Thin soup if desired. Season with salt and pepper to taste.

*Toast raw walnut halves in a hot cast iron skillet. It takes less than a minute to do this. Toss them a bit with a spatula, and remove them from the skillet as soon as you catch a lightly toasted aroma.

*Ladle soup over walnuts in bowls.

Cooks' note: Soup can be made 2 days ahead and chilled, covered once cool. Thin slightly with water if necessary

Do you have green tomatoes on your plants? It's time to take them in before it gets too cold! Several people have requested my pie filling recipe. You can use your favorite pie crust recipe for the top and bottom crusts. This amount will fill a 9 inch pie with not much overage:

Liz's Green Tomato Pie Filling

4 cups of crisp, tart, green tomatoes
2 tbsp. of fresh lemon juice or 3 tbsp. of apple cider vinegar
The zest of 1 lemon
1 tsp. of ground cinnamon
4 Tbsp. of all purpose flour
1 Tbsp. of potato starch
1 cup of turbinado sugar
About ½ Tsp. of Kosher salt

Clean and trim the green tomatoes, then cut them into half inch chunks. Remove the lemon zest from the lemon. (The zest is just the outer bright yellow coating of the skin.) In a good sized mixing bowl, toss the lemon zest, about 2 tbsp. of the juice of the lemon, and a sprinkle of salt into the green tomatoes to coat and season them. Place the turbinado sugar in a small mixing bowl. Sift the flour, cinnamon, and potato starch into the bowl with the sugar. Stir briefly to blend the dry ingredients. This will coat the sugar crystals, and facilitate more even distribution of the dry ingredients in the filling. Toss the dry ingredients into the green tomato mixture.

Place a bottom crust on a 9" pie plate and fill it. Trim the crust so an inch to an inch and a half hangs over the edge of the pie plate. Place the top crust on, and trim it. Close and crimp the edges of the crust. Cut the chimneys in the top. Bake at 425 degrees for 45 minutes.

Veggie of the Week: Winter Squash



We are just beginning to discover the wealth of nourishment supplied by the mildly sweet flavored and finely textured winter squash, a vegetable that was once such an important part of the diet of the Native Americans that they buried it along with the dead to provide them nourishment on their final journey. Winter squash is available from August through March; however, they are at their best from October to November when they are in season.

Winter squash, members of the Cucurbitaceae family and relatives of both the melon and the cucumber, come in many different varieties. While each type varies in shape, color, size and flavor, they all have hard protective skins that are difficult to pierce that gives them a long storage life of up to six months and a hollow inner seed containing cavity.

