



**Week 10 Contents:**

- 1 package Berkshire pork chops
- 2 pint frozen green beans
- 1 half pint sorghum syrup
- 1.5 lbs rolled oats
- 3 lbs turnips
- 1 quart Velvet View yogurt
- 1 quart frozen strawberries
- 1 half pint fig roasted cherry tomatoes
- 1 dozen eggs
- 1 lb Ohio City Pasta, either spelt rosemary linguini or pumpkin and cracked black pepper linguini
- 1 quart frozen cauliflower
- 1 lb carrots

**Sorghum**

Sorghum is a field crop that looks like a cross between corn and wheat. It is tall with a thick stalk like corn; instead of tassels and corn cobs, it has thick bunches of sorghum berries (look like wheat berries). The sorghum crop is very versatile and is usually grown on a much larger scale than my producer in Homerville. My producer grows sorghum for several purposes. First, his family uses the stalks to make syrup, which is a sweetener they use in place of sugar. Second, the sorghum berries are good for chicken feed. Third, the sorghum plant has extensive roots that help break up the soil and works as a great cover crop in rotation.

Sorghum is large export crop for the US for purposes of making animal feed and milling into flour. Sorghum flour is popular in Africa and Asia. I've never had it, but want some. The sorghum flour is gluten free and therefore desirable for some diets. In the US, sorghum is used for animal feed and to make a sweetener. The stalk of the sorghum plant is harvested and pushed through a cane mill, similar to a sugar cane. The cane mill essentially crushes the stalk and squeezes the syrup out of the stalk. A messy pulp is then brought to a boil where the fibers can be filtered out. The remaining fluid is cooked in an evaporator pan. This process is very similar to that of maple syrup. This boils off the water and produces a very dense, sweet syrup. Sorghum syrup is very popular in the South and

Appalachia. It is served in place of maple syrup on pancakes, in grits & porridge, and over biscuits. A simple breakfast of biscuits with butter and sorghum is appropriate.

Addressing the "seized up" issue. Sorghum, like raw honey or maple syrup, has a tendency to seize up in cold environments and over time. This is essentially the product going back to its natural state of preservation. The best way to bring sorghum (or honey or syrup) back to life is to gently heat the product back up. Fill a pot with water deep enough that the jar can be completely submerged. Bring the water to a boil and remove from the stove. Place the jar of sorghum gently in the pot and cover the pot with a kitchen towel to trap in the heat. Allow the jar to rest in the water for 20 to 30 minutes. By this time, the sorghum should be liquid again.

Combine with a little butter on top of biscuits or cornbread; pour over prepared oats; serve over pancakes, french toast, waffles; use to sweeten baked beans; glaze meats like chicken or slow roasted pork; sub for corn syrup in things like caramel corn; or try as a sub for molasses or honey in the same proportions, although you might have to adjust any other sweeteners in the dish as molasses is less sweet than sorghum.

**Turnips**

Turnips are one of those foods that seem to mystify our members. They can have a stronger flavor than many are used to. To really enjoy them, you should plan on working with the flavors of the turnips instead of trying to cover them up. Here are some great uses for this unique and pretty versatile vegetable.

Soup: Peel and cut up turnips. Put in a pot and cover with enough chicken or veggie stock to cover them. Bring to a boil, add a little butter, and puree to a smooth texture. This is a basic recipe. Try adding your favorite flavors to go with it-things like garlic, curry powder, sautéed onions, cumin....

Roasted: Roasting brings out the earthy flavors of vegetables and makes them super tasty. Peel and cut your turnips

into mostly equal sized pieces. Now is when you add the flavor profiles that you like. I add crushed red pepper, olive oil and sea salt. For a sweeter combo, try honey and sliced ginger. Like more savory, try a little red wine vinegar and poppy seeds. Add a little rice wine vinegar, lemongrass and a dash of soy sauce for a more eastern flavor. Whatever you choose, add a little oil or melted butter and toss to coat the turnips. Roast in at 400 degrees until tender.

Mashed: Boil peeled and cut up turnips until tender. Drain. Mash with some fat like butter, olive oil or my favorite crème fraiche. Add your favorite additions-garlic, crumbled cooked bacon, shredded cheese, even horseradish. Season with salt and pepper. You can also mix turnips with potatoes and mash them together.

**Pickled Turnips**

- 3 cups (750 ml) water
- 1/3 cup (70 g) coarse white salt, such as kosher salt or sea salt
- 1 bay leaf
- 1 cup (250 ml) white vinegar (distilled)
- 2-pounds (1 kg) turnips, peeled
- 1 small beet, or a few slices from a regular-size beet, peeled
- 3 cloves garlic, peeled and thinly sliced

1. In a saucepan, heat about one-third of the water. Add the salt and bay leaf, stirring until the salt is dissolved.
  2. Remove from heat and let cool to room temperature. Once cool, add the vinegar and the rest of the water.
  3. Cut the turnips and the beet into batons, about the size of French fries. Put the turnips, beets, and garlic slices into a large, clean jar, then pour the salted brine over them in the jar, including the bay leaf.
  4. Cover and let sit at room temperature, in a relatively cool place, for one week. Once done, they can be refrigerated until ready to serve.
- Storage: The pickles will keep for several weeks in the refrigerator. They'll be rather strong at first, but will mellow after a few days. They should be enjoyed within a six weeks after they're made, as they tend to get less-interesting if they sit too long.

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