

Small CSA Contents:

- 1 lb pumpkin sage linguini
- 2 lb butter
- 2 ct red peppers
- 2 ct eggplant
- 2 ct winter squash
- Approx 1.5 lbs tomatoes
- 1 lb yellow beans
- Quarter peck Gala Apples
- 1 head leaf lettuce

Vegan Substitutes

- 2 lbs San Marzano Roma Tomatoes
- 1 head broccoli
- 2 ct candy onions
- 1 head cabbage

Large Add-Ons

- Traditional Small Bag plus the contents below
- 2 lbs San Marzano Roma Tomatoes
- 1 head broccoli
- 2 ct candy onions
- 1 head cabbage

Change to Tomatoes

This week, we had to change our tomato selection to slicing tomatoes. The producer with the heirlooms is old order Amish. My communications with him are via US Mail. We expected a delay in mail this week due to Labor Day, so I sent out my letter to him on Saturday as opposed to the usual Monday. He needed the letter by Wednesday. The letter did not arrive on Wednesday and he was not ready with the product.

Winter Squash

Winter squash is one of my favorite products because it doesn't take up room in the refrigerator! Yes, I'm a neat freak and am obsessive about rotating my "inventory" in the fridge. Winter squash can be stored in a cabinet or the pantry. It does not need refrigerated.

Winter squash has many uses. Below you will find a simple soup recipe. Also, here are some more ideas:

- Cut the squash in half. Roast it in the oven at 350 and add brown sugar and butter for a simple side dish or dessert.
- Cut the squash in half. Place face side down on a cookie sheet with a quarter inch of water. Roast until the squash is very tender. Scoop it out and mash it. Season with salt, pepper, and/or nutmeg. Serve as a side dish in place of mashed potatoes, sweet potatoes, etc
- Use the squash to bake a pie or cookies. Winter squash can be substituted for pumpkin.

Squash Bisque

Winter squash are usually not the most exciting products. To many, their use is limited. But starting soon you will recognize that most every independent Cleveland restaurant will be offering some form of butternut squash soup and charging \$10 per bowl. This can be achieved at home with similar results to a restaurant with about any winter squash.

In a large stockpot or heavy bottomed pan, sauté one onion in approximately 2 tablespoons of butter and one tablespoon of canola oil.

Take the squash and roast as indicated above. For each cup of cooked flesh, you want to use approximately 3/4 cup of vegetable stock. Add the vegetable stock and the flesh to the onions and simmer on the stove for approximately 30 minutes. At this point, the soup will begin to thicken.

Remove the soup from the heat and puree it with a blender. Put the soup back on the stove and bring to a simmer again. Add approximately 1 cup of heavy whipping cream to 8 cups of soup. Add cream until the soup is the consistency and flavor you desire. Add salt and pepper to taste.

This recipe can be modified by adding more cream or more vegetable stock (to dilute squash) until the flavor you desire is achieved. I made this last week and actually roasted the golden beets and added them to the soup for a nice sweet but earthy flavor. Carrots are another possibility. Also, consider adding curry powder or other spices to kick it up a notch.

Pickled Green Beans

Running out of uses for green beans? Try putting some away for the winter.

This is a shortened version of the pickling/canning process. A great online resource for canning is www.pickyourown.org.

Suppliers:

- 2-3 pint jars
- New pint jar lids
- Pint jar rings
- A large stock pot for hot water bath canning
- Jar tongs (optional)
- A cooling tray or something to sit inside the pot so that the jars don't rest on the bottom of the pot

Ingredients:

- White vinegar
- Green beans

- About 2 heads fresh dill per lb of beans or 1 teaspoon dill seed per lb of beans
- ¼ cup of pickling salt per 4 cups of fluid
- Garlic cloves (optional)

Process:

Start by cleaning your beans and trimming the ends off. It will take about ½ lb of beans per pint jar. You can fit some more in if you cut the beans into smaller pieces.

While you are washing and trimming beans, sanitize the jars and lids. I just put mine through the dish washer. The heating element does a good job at sanitizing them. You want the jars to still be hot when you go to use them.

In a saucepan or stockpot, heat up vinegar, water, and canning salt. You will need about 2 cups of vinegar and 2 cups of water per couple lbs of beans. Add to the water/vinegar mixture 0.25 cups canning/pickling salt. If you want to add some spice to your beans, now is the time to do it. Try red pepper flakes, cayenne pepper, curry, etc. Bring the mixture to a boil.

As the vinegar and water is heating up, pack the beans into pint jars. Add 1 to 2 heads of dill at the bottom of each pint jar, 1 clove of garlic, and then the beans. Pour the hot vinegar solution over the beans. Fill to about half an inch from the top. Wipe the top of the jar with a damp, clean rag.

Place on the lids and rings so that the rings are finger tight. Place jars in a boiling hot water bath and boil for 5 minutes. Remove the jars from the bath and allow to cool on the counter. You should hear a "ping" as the lid goes concave and the safety button is "depressed" on the top of the lid.

Spicy Eggplant Dip

You will need one large eggplant or two medium ones, 2 tablespoons lemon juice, a quarter cup extra virgin olive oil, red onion, red bell pepper, some chili peppers to taste (jalepeno, serano, etc), basil, parsley, and salt. Also, feta cheese is a great addition.

Preheat your oven to high broil position. Cut the eggplant in half and place on a baking pan, flesh side down. Line the pan with foil to make easy cleanup. Rub some olive oil on the foil. Use a fork to poke some holes in the skin of the eggplant. Roast the eggplant on broil for about 20 minutes, turning every 5 minutes or so to prevent charring.

Remove from oven and allow to cool on cutting board. When cool, scoop the flesh out into a bowl. Toss it with the lemon juice to prevent discoloring. Add about a quarter cup olive oil and stir until oil is absorbed. Stir in diced red pepper, onion (raw or sauted), fresh basil, parsley, and hot peppers as desired. Salt to taste. Add sugar if necessary to remove some of bitterness of eggplant. Serve at room temperature or chilled.