

## Small CSA Contents:

- 1 whole pasture raised chicken
- 3 lbs sweet potatoes
- 1 bulb hardneck garlic
- 2 lbs concord grapes
- 6 ears sweet corn
- 1 lb green beans
- 1 sleeve leaf lettuce

## Vegatarian and Vegan Substitutes

- Approx 1.5 lbs heirloom tomatoes
- 1 bunch beets with tops
- 2 ct winter squash
- 1 head cabbage
- Quarter peck ginger gold apples

## Large Add-Ons

- Traditional Small Bag plus the contents below
- 2 ct winter squash
- 1 head cabbage
- 1 half pint red raspberries
- 1-2 onions
- 1 lb whole wheat pasta

## Pasta w/ Kale Pesto and Roasted Butternut Squash

This recipe was passed to me by one of your fellow subscribers. She got the recipe from the New York Times in Nov 2009. She notes that one does not need to have kale; instead, any bitter green (such as turnip greens) will work.

### Ingredients:

- 1.5 lbs butternut squash (or other winter squash like acorn)
- 0.5 cups extra virgin olive oil
- 0.75 teaspoon kosher salt and a pinch for the squash
- Black pepper to taste
- 1 bunch kale, mustard greens, turnip greens, etc, with center stem removed
- 8 ounces fresh pasta
- 1/3 cup pine nuts
- 2 large garlic cloves, roughly chopped
- Zest of one lemon, finely grated
- Fresh squeezed lemon juice (to taste)
- Grated parmesan cheese

### Procedure:

Preheat the oven to 400 degrees. Use a vegetable peeler to peel squash, then halve it lengthwise and scoop out seeds. Dice squash flesh into 1-inch pieces, place on a baking sheet, and toss with olive oil and season generously with salt and pepper. Spread pieces into an even layer, making sure there is space between them. Roast, stirring squash pieces once or twice, until golden brown and tender, about 30 minutes.

Meanwhile, bring a large pot of salted water to a boil; have ready a bowl of ice water. Drop kale into boiling water and cook for 45 seconds. Use tongs or slotted spoon to transfer kale to ice water. Bring water in pot back to a boil, adding more if necessary so there is enough to cook pasta.

Drain kale well, then wrap tightly in a dry kitchen towel and squeeze thoroughly to remove any excess moisture. Roughly chop leaves. When water in pot comes back to a boil, cook pasta according to package directions.

In a food processor, pulse together kale, nuts, garlic, salt and lemon zest until mixture is smooth and salt has dissolved. With motor running, slowly drizzle in the oil until fully incorporated. Taste and add more salt dissolved in a little lemon juice, if necessary.

Drain pasta, reserving a little cooking water. Toss pasta with kale pesto and some pasta cooking water if necessary to help it coat pasta. Add cheese, lemon juice and salt to taste. Serve topped with squash and more cheese.

## Concord Grapes

If you have never had fresh concord grapes, you are in for a treat. These anti-oxidant packed fruits are super tasty and very healthy for you.

I remember the first time I had one. I struggled with the seeds. Don't bite into it like you would a seedless grape. You want to put the grape in your mouth and use your tongue to squeeze the grape up against your front teeth. You will then push the seeds out of the grape using your tongue to push the seeds between your top and bottom teeth. Spit the seeds out and repeat.

### Grape Production in Northeast Ohio

These grapes came from South River Vineyard and Debonne Vineyard, both in Geneva, OH. The Geneva area has historically been a major producer of concord grapes for the juice market. For generations, family farms have grown grapes for Welch's and other juice makers.

### Why is Geneva such a good place for grapes?

Most folks guess the soil. That's not it. The soils are actually pretty heavy in clay and don't drain all that well. ConCORDS are a native grape to eastern North America. So are Catawba and Niagra grapes. All three are considered "labrusca" grapes. Old world, native European grapes are called vinifera, including merlot, cabernet, etc.

ConCORDS grow best in the eastern US where there is 4 seasons. However, for agricultural reasons, a predictable climate is best for growing these grapes. Geneva has a unique micro-climate because of the Lake.

Lake Erie retains the sun's energy even as cold fronts move in or as the nights get cool. This is important on two ends of the season. In the spring, exceptionally warm days can cause the buds to appear early. In this scenario, if a cold front moves in, the buds will be burnt off and no grapes will grow. Besides the lake moderating the temperatures near the coast, it also acts as a low laying area where cold air sinks down to the lake. It won't sit over the land. Similarly, in the fall, the lake is still warm as the nights get cool. This means that the areas near the lake might be just a few degrees warmer than areas south. This makes a big difference when you need just a few more days to ripen the grapes.

The moderate temperature means that the grapes take longer to ripen. As the days get cool, the plant makes sugars to protect against freezing. More sugars mean more flavor!

## Cold Sweet Potato Salad

Try something different with your sweet potatoes. Peel 2 to 3 sweet potatoes and cut them into about 1 inch slices lengthwise on the potato. Grill it on an open flame grill over medium flame for about 10 to 15 minutes until tender. Remove from heat and cut the slices into thin strips.

In a bowl, add 3 tablespoons of balsamic vinegar, 0.5 cups dijon mustard, and a tablespoon or so of sugar. Whisk together until mixed. Slowly add in 2 cups of canola or vegetable oil (flavorless oil). Whisk until emulsified. This may not take the whole 2 cups. Mix in some chopped tarragon leaves, about 2 tablespoons, and a small diced onion. Substitute fennel, oregano, or basil if tarragon is not available.

In a pot of boiling water, blanch some green beans for about 20 seconds. Remove from the boiling water to a bowl of ice water to stop the cooking. Drain the beans and toss them in a large mixing bowl with the sweet potatoes. Pour the vinaigrette over top and toss. Season with salt and pepper and serve. Top with any cheese.

## Twice Baked Sweet Potato

Bake your sweet potatoes on a cookie sheet in an oven at 350 for about an hour or until very soft. You may wrap in each in foil to retain extra moisture.

Scoop out the flesh. In a bowl, combine with brown sugar, butter, and whipping cream/milk/sour cream/cream cheese (your choice). Season with cinnamon, nutmeg, and black pepper to taste. Put back in the shells of the sweet potatoes and rebake for another 20 minutes.