

Small CSA Contents:

- 1 pack Berkshire pork chops
- 1 quart farmstead yogurt
- 8 oz Mayfield Rd cheese (assorted)
- 1 head napa cabbage
- 1 quarter peck jonagold apples
- 1 bag of mixed salad/braising greens
- 2 ct butternut squash

Vegetarian Substitutes

- 1 head broccoli
- 1 pie pumpkin
- 1 pint ground cherries (peel back the husk to eat)

Vegan Subs

- 1 lb spinach
- 1 lb carrots without tops
- 2 ct onions
- 2 lbs sweet potatoes
- 2 green peppers

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 half pint pepper butter
- 1 head of broccoli
- 1 quarter peck Melrose apples
- 1 pie pumpkin

Pasty

Last week Diane from my Lakewood location was so excited to get turnips and ground pork. I asked her why...being that I hadn't seen such excitement all day (possibly because it was 40 degrees, raining sideways, and there was a 20 mph breeze).

She explained that she was going to make a pasty. I was clueless. She explained that her uncle was a miner in Michigan and that it was a meat pie with turnips that they baked and took to work, served at room temperature. This is the recipe she shared with me.

Ingredients:

Dough –
3 cups flour
1.5 tsp salt
1 cup + 2 tblsp shortening
7-9 teaspoons ice cold water

Filling:

1 lb round steak or stew beef, cubed
1 lb ground pork
1 lb onion
1-2 potatoes, peeled and chopped (about 1.5 cups)
2 tsp salt
0.5 tsp pepper
0.5 cup chopped turnip

Instructions:

For the dough, combine all the dry ingredients together. Add water until dough will roll into a ball. Wrap and chill for 30 minutes.

For the filling, mix together in a bowl all the ingredients. Separate the dough ball into about 6 smaller balls. Roll them out. About a half a cup of filling should fit in each.

Moisten the edges of the dough with water, fill the center with the meat mixture, fold over and crimp edges together. Make several small slices in the moons to allow the steam to vent. Bake at 350 for 30 minutes. Remove from the oven, butter the tops, and return to the oven for 30 more minutes.

When the pasty is done, allow them to rest under a damp tea cloth before serving, about 10 minutes. Serve with brown gravy or just eat it alone.

Turnips

Your turnips will store well into the winter so you don't need to rush to go through them all. Here are some ideas.

Boiled Turnips with Apple

Take approx 2 lbs of turnips, peeled and chopped, and place them in a pot half full with water (the turnips won't be completely submerged). Add 1 chopped apple, 3 tablespoons butter, 1 tablespoon of sugar, and salt and pepper to taste. Cover the pot and simmer for 20 to 30 minutes, until the turnips are tender.

Serve the boiled turnips as are or use this mixture as a filling in a roasted butternut squash. Top with cheese if you like and/or mix with whole grains such as spelt or wheat berries.

Turnip Gratin (from Epicurious)

Ingredients:
2 tablespoons butter
2.5 lbs medium turnips
1 tablespoon chopped thyme
0.5 tablespoon savory
1.5 teaspoon kosher salt
1/8 to a quarter teaspoon cayenne
1 cup heavy cream
1 cup grated parmigiano cheese

Preheat oven to 450. Melt butter in an ovenproof 12 inch heavy skillet, then cool.

Slice turnips paper thin with slicer, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels. Sprinkle with about a third of thym, savory, kosher salt, and cayenne. Make 2 more layers.

Cook, covered, over medium heat until underside is browned, about 10 minutes. Add cream and cook, covered, until center is tender, 20 to 25 minutes. Sprinkle evenly with cheese, then bake,

uncovered, until golden and bubbling, 10 to 15 minutes. Let stand 5 minutes before serving.

Roasted Turnips

Cut the turnips in half or quarters (depending on size), toss with a little olive oil and salt. Roast them in the oven at 400 until tender.

Mashed Turnips

Boil the turnips until tender. Mash them and mix them in with mashed potatoes to add flavor.

Untoasted Oats

I thought everyone a curve last week with the term "untoasted oats." The oats I put in the bag last week are organic oats grown in Holmes county. Usually store bought oats are "toasted" first to kill the enzymes. This gives them a longer shelf life but less nutritional value.

Cook these oats like any other oats. For breakfast, try cooking them with water or milk (my preference) in a saucepan on the stove over medium heat. Cook until the oats are tender. Add butter, brown sugar, or maple syrup. Serve.

Butternut Squash Souffle

Allyson made this for me the other night and it was awesome. She claims it was super easy too.

Ingredients:

2 cups cooked, mashed butternut squash
3 tablespoons butter
1 cup sugar
1/3 cup milk
0.5 teaspoon salt
1 teaspoon cinnamon
0.5 teaspoon nutmeg
3 eggs (omit 1 egg if you don't have milk and have to use whipping cream instead of milk...as we did)
1 teaspoon

Heat the oven to 325 degrees. Grease a 1.5 quart casserole dish. Combine all the ingredients in a large bowl and beat with a mixer until well combined. Pour the mixture into the casserole dish and bake for 75 minutes or until it sets. Serve with whipped cream.

Roasted Squash Entree

I had this dish at the Flying Fig last week and immediately thought it was a good match for the spelt berries from week 1 of the summer.

Cook your spelt berries in water or vegetable stock until tender. Mix in butter. Roast the squash in the oven, halved and face down in a small amount of water until mostly