



## Small CSA Contents:

1 head Savoy green or red cabbage  
1 bunch kale  
1 to 2 rutabagas with tops  
3# bag red norland potatoes  
Approx 1# onion  
1 head cauliflower  
1 8 oz piece goat Gouda  
1 lb Spelt Flour and Rosemary Linguini

## Large Add-Ons

2# roma tomatoes  
1 bunch Swiss chard  
1 package sirloin pork chops, approx  
1.5#  
1 carving pumpkin or bag of corn chips

## Vegetarian Subs

No changes

## Vegan

*In place of cheese*  
1 pint grape tomatoes  
1 bunch beets with tops  
1 package veggie burgers

## Rutabagas

RAW: First, peel them with a vegetable peeler. Slice and enjoy as a snack. Chop, dice, or grate them and add to salads. Create a unique salad with diced rutabagas and other vegetables of your choice. Grate them and add to cole slaw. Grate and combine with carrot salad.

COOKED: Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Enhance the flavor of stews with chopped or quartered rutabagas. Dice them and add to soups. Stir-fry with onions.

## Rutabaga Potato Soup

### Ingredients:

1 Spaghetti Squash, halved and seeded  
1 Head Garlic  
2 Cups Rutabaga, peeled and diced  
1 ½ cups Sweet Potato, peeled & diced  
Oil  
Salt  
Pepper  
1/2 Onion, chopped  
1/2 Cup Cashews  
2 Cups veggie or chicken broth  
1 Pinch Nutmeg  
1/2 tsp Dried Thyme  
2 tsp All Purpose Flour  
1 Pinch Salt  
Oil

### Directions:

Roast the veggies: cut spaghetti squash in half and place cut side down on cookie sheet. Cut skin top off of garlic, drizzle with olive oil and wrap in foil. Toss sweet potato and rutabagas in a little oil and sprinkle with salt and pepper. Roast all the veggies until tender-about 45 minutes to an hour. While the veggies are roasting, caramelize the onions until very soft and golden. Put roasted veggies, the roasted garlic (as much as you like) and onions in a Vitamix (or high power blender) with the cashews, broth, and herbs. Add water or more broth as needed to get the desired consistency. Take the roasted spaghetti squash and squeeze out excess water. Use a paper towel if needed. Toss with flour. Heat a skillet over high heat with a little oil. Spread out squash in a thin layer, and crisp until brown on both sides. Use as the garnish for the soup.

## Rutabagas & Apples

*Adapted from Taste of Home.*

### Ingredients

2 cups thinly sliced peeled rutabaga  
1 tablespoon all-purpose flour  
1 tablespoon brown sugar  
1/8 teaspoon salt  
1/8 teaspoon dried thyme  
1/8 teaspoon ground cinnamon  
1/8 teaspoon pepper  
4-1/2 teaspoons butter, melted, *divided*  
1/2 cup sliced peeled apple  
1/3 cup apple cider  
2 tablespoons dry bread crumbs  
2 tablespoons chopped walnuts

### Directions

Place 1 in. of water in a saucepan; add rutabaga. Bring to a boil. Reduce heat; cover and simmer for 7-9 minutes or until crisp-tender. Drain. In a small bowl, combine the flour, brown sugar, salt, thyme, cinnamon and pepper. Place half of the rutabaga in a 1-qt. baking dish coated with cooking spray; brush with 1-1/2 teaspoons butter. Sprinkle with half of the flour mixture; top with half of the apple slices. Repeat layers. Pour apple juice over top. Toss bread crumbs and remaining butter; sprinkle over apple. Top with walnuts. Cover and bake at 350° for 30-35 minutes or until rutabaga and apple are tender.

## Cabbage Nachos

*Adapted from Serious Eats*

### Ingredients:

#### For the Cabbage

1 heaping cup shredded red cabbage  
2 tablespoons distilled white vinegar  
1/2 teaspoon sugar

#### For the Beans

1/4 teaspoon salt  
1/4 cup olive oil  
1 white onion, finely diced  
1 poblano pepper, finely diced  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 teaspoon chili powder  
1 teaspoon ground cumin  
3 cups prepared black beans or pintos  
Salt, to taste

#### For the Cilantro Sauce

1 bunch cilantro, roughly chopped  
1 large garlic clove, roughly chopped  
2 tablespoons lime juice  
Scant 1/2 teaspoon salt  
1/3 cup olive oil

Cheese (or melted cheese sauce made with 8 oz shredded cheese melted in 1 cup milk)

### Preparation:

For the cabbage: Combine cabbage, vinegar, sugar, and salt in a small bowl. Toss to dissolve sugar and salt and coat cabbage with liquid. Let sit for at least one hour, stirring occasionally.

For the beans: Heat oil over medium-high heat in a medium, heavy-bottomed pot. Add onions and poblano and cook, stirring occasionally, until softened, about 5 minutes. Add garlic, tomato paste, chili powder and cumin and cook, stirring, one minute more. Add beans and cook until heated through and beginning to break down a bit, about 10 minutes. Mash beans against sides and bottom of pot with a wooden spoon and stir to combine all ingredients. Taste for salt. Cover and keep warm.

For the cilantro sauce: In a mini food processor, combine cilantro, garlic, lime juice, salt, and olive oil. Process until well combined. Set aside.

To assemble nachos, spread tortilla chips on a large platter. Top evenly with beans and then with cheese (sauce). Pour off liquid from cabbage and dry cabbage between paper towels. Top nachos with cabbage. Drizzle cilantro sauce over top. Serve warm.