



**Week 1 CSA Contents:**

- 1 Ham Hock
- 1 lb Black Beans
- 1 bunch Kale
- 2 Acorn Squash
- 3 lbs Sweet Potatoes
- 1-2 Onions (about 1 lb)
- 1 bunch Broccoli
- 1 stalk Brussels Sprouts
- Quarter peck apples
- 1 package Chorizo or Italian Sausage
- 1 bunch Carrots
- 1 bunch Beets

**Ham Hock, Kale and Potato Stew**

*This is a traditional Irish dish.*

**Ingredients**

- 1 ham hock
- 3 cups of stock (chicken, pork or veggie)
- 1 stalk of celery
- several carrots, whole and peeled
- 1 onion, peeled
- 2 bay leaves
- 10 med potatoes, cleaned with skins on
- 1/2 bunch of kale, washed and chopped into 2 inch strips.
- 10 white peppercorns and a twist of black pepper
- Salt to taste

**Directions**

Put the hock in a pot and add all the other ingredients, except the potatoes and the kale. Add water if needed to keep hock fully submerged. Bring to the boil and simmer for 1 and a 1/2 to 2 hours, topping up with water if you need to. Keep the lid on to keep in the moisture. Add the potatoes. Turn the heat back to a simmer and add the kale. Cook for another 20 minutes or until the potatoes are fork-soft. Remove the meat from the bone of the hock and trim of fat as needed.

**Glazed Carrots and Brussels Sprouts**

**Ingredients:**

- 1 2/3 pounds Brussels sprouts, trimmed
- 1 pound carrots, cut into 1-inch pieces
- 2 tablespoons butter
- 2 tablespoons chopped onion
- 1 ½ cup beef stock
- 1/3 cup apple juice
- 2 tablespoons cornstarch

- 2 teaspoons lemon juice
- 1 tablespoon brown sugar
- 2 pinches ground cloves, or to taste

**Directions:**

Fill a large pot 3/4 full of water and bring to a rolling boil. Add Brussels sprouts and carrots, bring back to a boil, and cook vegetables until tender, 8 to 10 minutes. Drain.

Heat butter in a saucepan over medium heat; cook and stir onion in the melted butter until tender, about 5 minutes. Add beef consomme, apple juice, cornstarch, lemon juice, brown sugar, and cloves. Cook, stirring often, until sauce is thickened, about 5 minutes.

Fold Brussels sprouts and carrots into sauce. Serve.

**Indian Brussels Sprouts**

**Ingredients:**

- 2 tablespoons grapeseed oil
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon coriander seed, crushed with hands
- 1 tablespoon dried fenugreek leaves
- 1 teaspoon smoked paprika
- 1 pinch salt
- 1 pinch pepper
- 1 lb Brussels sprout, trimmed and cut in half

**Directions:**

Place a skillet over medium heat and add the oil. When it is hot, add the garlic and ginger and cook for 2 minutes. Add the coriander, fenugreek, paprika, salt and pepper and cook for 30 seconds. Add the Brussels sprouts and 1/2 cup water and cover with a tight-fitting lid. Let steam until the sprouts are bright green and tender-crisp, 6 to 8 minutes.

**Brussels Sprouts Salad**

**Ingredients:**

- 1 pound Brussels sprouts
- 2 tablespoons Olive Oil
- 1/2 teaspoon ground nutmeg
- Kosher salt and freshly ground black pepper
- 1/2 cup chopped walnuts
- 1/2 cup dried cranberries

**Directions:**

Shred the Brussels sprouts by removing the core and thinly slicing. Warm the olive oil in a large skillet over medium heat. Add the Brussels sprouts, nutmeg, and salt and pepper, to taste. Cook, stirring, until the Brussels sprouts are bright and slightly wilted, about 2 to 3 minutes. Add the walnuts and the cranberries and toss to combine. Turn out into a serving bowl and serve warm.

**Roasted Acorn Squash Soup with Horseradish and Apples**

*From Martha Stewart. This recipe is also delicious when made with roasted beets or carrots in place of the squash.*

**Ingredients:**

- 3 acorn squash (about 3 pounds total)
- 3 1/2 cups chicken or veggie stock
- 1 1/2 cups apple cider
- 1 tablespoon freshly grated horseradish
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 apples (about 1 pound)
- Juice of 1 lemon
- 1/4 cup coarsely chopped fresh flat-leaf parsley leaves
- Olive-oil cooking spray

**Directions:**

Heat oven to 450 degrees. Cut acorn squash in half lengthwise, scoop out seeds, and place, cut side down, on a baking sheet coated with olive-oil cooking spray. Roast until tender, about 45 minutes. Combine chicken stock, apple cider, 1 teaspoon horseradish, salt, and pepper in a medium saucepan, and bring to a simmer. Scoop squash flesh out of skins, and place in the bowl of a food processor. Add 1 cup hot stock mixture, and puree until smooth. Stir squash mixture into pan with remaining stock, and keep soup warm. Peel and core apples, and cut into 1/4-inch dice. Transfer to a small bowl, add lemon juice and remaining 2 teaspoons horseradish, and toss to combine. Heat a medium sautepan coated with olive-oil cooking spray over medium-high heat. Add apple mixture, and saute until golden brown. Serve soup garnished with sauteed apple mixture and chopped parsley.