



Week 9 CSA Contents:

- 1 whole freedom ranger chicken
- 3 lbs rutabagas
- 3 lbs Yukon gold potatoes
- 1 lb carrots
- 0.5 lb dried dragon-tongue beans
- 2 bulbs kohlrabi
- 1/2 lb honey puffed spelt and corn (cereal)
- 1 lb beets
- 1 quart frozen cauliflower
- 1 pint frozen peas
- 1 winter squash

Freedom Ranger Chickens



A little history: The genetics of this bird, the Freedom Ranger, came from France in a process that took several years. Fertile eggs were sent from France to England where a breeding flock was established. When the breeding flock was secure according to health and poultry standards fertile eggs from that flock were moved to Canada. Again, the resulting flock was monitored for health and poultry standards. The process was then repeated and fertile eggs were moved to the U. S.

Today there are several hatcheries that supply Freedom Rangers or Red Broilers for farmers who want to offer an alternative breed to customers. As with all poultry and livestock the most important player in the game is your farmer. The care and feeding of the chickens can trump genetics. Fresh Fork Market farmers *farm sustainably and humanely.*

Chicken Noodle Soup with Rutabaga Recipe

- 3 medium carrots, chopped
- 1 medium onion, chopped
- 1 celery rib, chopped
- 2 teaspoons butter
- 4 cups chicken broth
- 1 medium rutabaga (about 1-1/2 pounds), peeled and cut into 1/2-inch cubes
- 1/2 teaspoon salt

- 1/4 teaspoon dried thyme
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon pepper
- 2 cups uncooked yolk-free noodles
- 2 cups cubed cooked chicken breast
- 1/3 cup minced fresh parsley

Directions

In a large saucepan or Dutch oven, sauté the carrots, onion and celery in butter until tender. Add the broth, rutabaga, salt, thyme, marjoram and pepper; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add noodles; cover and simmer 20 minutes longer or until noodles are tender. Stir in the chicken and parsley; heat through.

Rutabagas

I found this flavor combination list at AffairsofLiving.com. Use this to make your own recipes.

The sweet flavor of rutabaga combines well with a variety of seasonings, meats, fruits, and vegetables. Here are some of the best flavor combinations to use with rutabaga.

- Rutabaga + apple + maple syrup
- Rutabaga + any root vegetables (potato, carrot, sweet potato, turnip, parsnip) + onion
- Rutabaga + winter squash + cinnamon
- Rutabaga + parsnip + honey
- Rutabaga + broccoli + garlic
- Rutabaga + cauliflower + curry powder
- Rutabaga + kale + onions + browned butter
- Rutabaga + pear + ginger
- Rutabaga + fennel + leeks
- Rutabaga + roasted meats
- Rutabaga + thyme + cardamom
- Rutabaga + butter/cream + nutmeg
- Rutabaga + horseradish
- Rutabaga + orange + thyme

Gluten-Free Rutabaga Honey Cake

I found this recipe and wanted to share it specifically for our gluten intolerant subscribers.

Adapted from Marina Stein

This sweet and spicy cake is cane sugar-free, gluten-free and egg-free, and can easily be made dairy-free as well. Xanthan and guar gums help bind

gluten-free flours, which easily crumble when baked, and can be found in the specialty baking section of well-stocked grocery stores and natural food stores. If you tolerate gluten, see note below recipe on how to make with wheat or spelt flour.

- 1 cup brown rice flour (superfine brown rice flour is best)
- 1/2 cup arrowroot starch or tapioca starch
- 1/2 tsp xanthan gum or guar gum
- 2 tsp ground ginger
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1 Tbsp finely ground flax seed
- 3/4 cup milk or non-dairy milk
- 1/4 cup melted butter/ghee (or light-tasting oil if dairy intolerant/allergic)
- 1/3 cup honey
- 1 cup grated raw rutabaga
- 1/2 cup finely chopped dried apple
- 1-2 Tbsp maple syrup

Preheat oven to 350° F and butter a 9"x9" cake pan. In a medium bowl, whisk together ground flax seed with milk/non-dairy milk, and let sit for 10 minutes to absorb moisture and thicken. While flax-milk mixture sits, whisk together flour, xanthan gum, spices, salt, baking powder, and baking soda in a medium bowl until light. Using a hand mixer, beat flax mixture until light, then add honey and melted butter, and beat until smooth. Mix dry ingredients into wet on medium speed until just moistened, then add rutabaga and apple and gently fold in by hand until evenly combined. Batter will be thick. Spread mixture into prepared pan, smoothing surface with damp fingers or a silicon spatula.

Bake in pre-heated oven for 30 minutes, or until a toothpick comes out clean. Remove from oven, place pan on a wire cooling rack, and drizzle maple syrup evenly over the surface of the warm cake. Let cool 20-30 minutes before slicing.

NOTE: if you tolerate gluten and prefer to bake with wheat or spelt flour, omit xanthan gum and substitute brown rice flour and starch with 1 1/2 cups unbleached all-purpose flour or spelt flour.