



**Small CSA Contents:**

- 1 package Italian seasoned chicken sausage
- 1 package feta cheese
- 1 leek
- 1 head lettuce
- 1 candy onion
- 1 lb dragon tongue beans (eat like a green bean)
- 1-2 eggplant, depending on size
- 1 butternut squash
- Approx 2.5 lbs tomatoes, 1 heirloom slicer and several San Marzano Romas
- 1 bunch basil

**Large Share**

- Small package plus:
- Approx 2# bartlett pears
- 1 dozen spinach, garlic scape, and ricotta stuffed raviolis
- 1 quart of grapes, early concord
- 2 ct zucchini/squash

**Vegetarian Substitutions**

- 1 quart of grapes
- 1 Watermelon

**Vegan Substitutions**

- 1 bunch Golden Beets

**Dragon's Tongue Beans With Garlic**

- 2-3 cups of beans water for steaming
- 2 tbsp olive oil
- 1 clove crushed and chopped garlic
- 1 handful of fresh basil, chopped (or 1 tbsp dried)
- salt and pepper

Steam beans for five minutes until yellowy and not very speckled.

Combine all other ingredients, except salt and pepper, in a bowl and add beans. Toss to coat.

Season to taste with salt and pepper.

**Butternut Squash and Tomato Soup**

*This is a delicious and easy recipe. It will freeze well, too, if you want to have it on a cool fall evening.*

- 1 butternut squash You should end up with about 6 cups of diced squash.
- 4 tablespoons olive oil

- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 bay leaves
- Salt & pepper to taste
- 1 teaspoon paprika
- 4 cups diced tomatoes
- 3 cups broth (vegetable or chicken)
- 1 to 1 1/2 cups heavy cream

**Preparation:**

Cut the squash in half and scoop out the seeds. Rub the cavities with olive oil and sprinkle with salt. Bake at 425 degrees F for 20 minutes or until the flesh is tender enough to scoop out. Remove from oven and let cool to a point where you can handle them.

Meanwhile in a large pot saute the onion, garlic, and bay leaf in the olive oil. Scoop the squash from its shell, discarding the skin. Add the roasted squash flesh to the soup pot and saute for a few minutes. Season with salt and pepper. Sprinkle in the paprika. Add the tomatoes with their juices. Add the chicken broth. Simmer over low heat for 30 minutes. Salt and pepper to taste. Remove the bay leaves. Puree the contents of the pot and strain through a mesh sieve. Return to the pot and over low heat, stir in the cream. Gently simmer for 10 minutes. Serve with toasted bread.

**Sweet Butternut Squash and Coconut Jam**

*So, this is not completely local, since we don't have Ohio coconuts, but when I came across this recipe it sounded so interesting that I had to put it in the newsletter. First one to try it has to report on the results. I found this on TheKitchn website.*

- 1 large butternut squash, approximately 2 pounds
  - 2 cups milk
  - 2 cups white sugar
  - 1/2 cup dark brown sugar
  - 1 cinnamon stick
  - 8-10 whole cloves
  - 1 vanilla bean, split
  - 1 cup dried unsweetened coconut
- Peel the butternut squash and cut into small pieces - about 1 inch or less to a side. You can also grate it. The smaller you cut the pieces the faster it will cook. Put in a large (4 quarts or more) heavy pan over medium heat. Add the milk, sugars, cinnamon, cloves, and vanilla.

Cook over medium heat until the squash is soft and tender. Keep a close watch on it as the milk simmers; it has a tendency to foam up. After the milk comes to a simmer it will be 10-15 minutes before the squash is soft. As the squash becomes soft and tender, mash it into a pulp with a potato masher or a pair of forks. Stir well. Keep the heat on medium and continue simmering, stirring frequently. When the mixture is reduced and thick like jam, remove from the heat. Keep a close eye on it so it doesn't burn as the milk reduces. This will take between 20 and 30 minutes.

Stir in the coconut and let cool before serving. Store in the refrigerator.

**Butternut Bread Pudding**

So this recipe will require a little extra work, but the results will be worth it. Found this on Bon Appetit.

**Ingredients**

- 2 pounds peeled seeded butternut squash, cut into 1-inch cubes (about 6 cups)
- 3 tablespoons olive oil, divided
- 1 1/2 teaspoons coarse kosher salt plus additional for sprinkling
- 7 large eggs
- 2 1/4 cups half and half
- 6 tablespoons dry white wine
- 1 1/2 teaspoons Dijon mustard
- 1 day-old baguette (do not remove crust), torn into 1-inch pieces (about 10 cups)
- 1 cup chopped shallots (about 4 large)
- 2 bunches kale (about 1 pound), ribs removed, kale coarsely chopped
- 8 ounces extra-sharp cheddar cheese, coarsely grated

**Directions**

Preheat oven to 400°F. Toss squash with 1 tablespoon oil on rimmed baking sheet. Sprinkle with coarse salt; bake until squash is tender, turning with spatula occasionally, 20 to 25 minutes. Whisk eggs in large bowl. Add half and half, wine, mustard, and 1 1/2 teaspoons coarse salt; whisk to blend. Add baguette pieces; fold gently into egg mixture. Let soak 30 minutes, stirring occasionally. Meanwhile, heat 2 tablespoons oil in large pot over medium-high heat. Add shallots and sauté until soft, stirring frequently, about 5 minutes. Add kale;



cover and cook 2 minutes. Uncover and stir until kale is wilted but still bright green, about 5 minutes (kale will be a bit crunchy).  
Reduce oven temperature to 350°F. Generously butter 13x9x2-inch baking dish. Using slotted spoon, transfer half of bread from egg mixture to prepared baking dish, arranging to cover most of dish. Spoon half of kale over bread. Spoon half of squash over bread and kale; sprinkle with half of cheese. Repeat with remaining bread, kale, squash, and cheese. Pour remaining egg mixture over bread pudding.  
Cover bread pudding with foil. Bake 20 minutes. Remove foil; bake uncovered until custard is set and bread feels springy to touch, about 20 minutes longer.  
Preheat broiler; broil pudding until cheese browns slightly, about 2 minutes. Cool 5 minutes and serve.

### Eggplant Sandwiches

*So, I have put this in the newsletter before, but it is still one of my favorites, so I felt I needed to post it again. I brought these in to work one time and a couple of years later, I still get requests.*

Peel eggplant. Slice. (I like to use hoagie rolls, so I slice lengthwise, but it doesn't matter.) Put the slices in a bowl and cover with a lot of salt. Let rest for a while. I think I usually do about 15-20 minutes. This allows the salt to pull water from the eggplant. Rinse all of the salt off of the slices. Whisk together a little egg and milk. Dip the eggplant in the egg mixture, then dip in Panko crumbs. I have tried this with flour, bread crumbs, etc and nothing really gives the crispness of Panko. Press, if needed, to get the panko crumbs to cover well.

Heat a skillet on the stove with a little oil. Fry the eggplant until tender. Cover each slice with a little cheese. Smoked Gouda or mozzarella is great, but use whatever you like. Assemble the sandwich. I like to use hoagie rolls, but sandwich buns work well, as does any heartier bread. Avoid plain white bread. Layer a few slices on the bottom and top with your favorite sandwich toppings. I think a little lettuce or tomato works nice. Use a spread for the top bread that pairs with the flavors. I

am not a fan of mayo, but if you are, add a little garlic or curry powder to the mayo before spreading. I like a spicy tomato jam or hot pepper spread that I made last year. Enjoy.

I used this method once, layering the slices with a little curry sauce and serving as a "tower". It was great. Try using mozzarella for the cheese and marinara, and it becomes a crispier version of eggplant parmesean. Layer with slices of heirloom tomato or avocado for a California twist.

### Baked Eggplant with Feta Cheese

#### Ingredients:

2 pounds of eggplants  
olive oil for frying  
5 tablespoons of fresh chopped basil  
5 cloves of garlic, minced  
1 pound of ripe tomatoes, diced  
1/2 pound of feta cheese, crumbled  
sea salt  
freshly ground black pepper

#### Preparation:

Wash the eggplants and remove stems. Cut lengthwise into 1/2 inch slices. Fry lightly (until soft and gently browned) in 1/4 inch of oil.

Preheat the oven to 355°F (180°C). Layer the eggplant in the bottom of a baking dish. Combine the tomatoes, basil, garlic, and salt and pepper to taste, in a bowl, and spoon the mixture over the eggplant. Top with feta cheese, and bake at 350°F for 45 minutes.

### Watermelon Salad

*This is a basic version of a popular salad that I make in the summer. Try it with fresh chopped mint. I have even mixed it with some diced tomatoes. Try substituting sherry vinegar for balsamic. Make this basic recipe your own.*

#### Ingredients(Per serving):

3/4 - 1 cup of cold watermelon, cubed  
1/4 cup of feta cheese, crumbled  
1/4 medium red onion, cut in thin slices  
1/4 teaspoon of balsamic vinegar

#### Preparation:

Place the watermelon in a bowl, top with most of the onions, then the feta cheese.

Place remaining onions on top. Sprinkle with balsamic vinegar, and serve. This recipe can be made in individual servings or multiplied and served in a large salad bowl.

### Pear and Bacon Grilled Cheese

#### Ingredients

2 tablespoons unsalted butter  
2 tablespoons currant or fig jam  
2 slices white sandwich bread  
2 slices Cheddar  
2 slices cooked bacon  
1/4 small pear, thinly sliced

#### Directions

Melt the butter in a small skillet over medium-low heat. Spread the jam on 1 slice of the bread and form a sandwich with the cheese, bacon, and pear. Cook the sandwich, covered, until the bread is toasted and the cheese is melted, 2 to 3 minutes per side.

### Honey and Spice Poached Pears

4 ripe yet very firm Bosc or Bartlett pears  
4 cups water  
1/3 cup honey  
1/3 cup sugar  
4-inch piece fresh ginger, sliced  
1 teaspoon whole cloves  
1 star anise pod, broken in half  
1 cinnamon stick, broken in half

Peel the pears and cut them in half from top to bottom, leaving the stems intact. Core each pear half by scooping out the center with a melon baller or spoon. Add the water, honey, and sugar to a 4-quart pot and bring to a boil over high heat. Stir until the sugar and honey are dissolved, then add the ginger, cloves, star anise, and cinnamon stick. Slip the pears into the liquid and turn the heat down to a simmer. Cover and cook for 20 to 30 minutes, or until the pears can be just pierced with a fork. Transfer the pears and the poaching liquid to a smaller container, cover, and refrigerate overnight. (You can eat the pears immediately, if you want, but they will have a deeper flavor after steeping overnight in the poaching liquid.) The next day drain and serve the pears.