



Week 4 Winter Contents:

- 1 pork shoulder roast
- 1.5# bag "brewer's grain" mix, barley, spelt, and rye
- 2# bag sauerkraut
- 1 bunch kale
- 2# fingerling potatoes
- 1 head celery root
- 1 lb carrots
- 1 bag "stir fry" mix, includes mustard greens, tatsoi, radish, leek, etc
- 2# rhutabaga
- 1 candy onion
- 1 # beets without tops
- 1 piece goat gouda cheese

Celeriac and Apple Slaw

If you still have apples floating about, try this simple but tasty recipe.

- 1 small celeriac root (about 1 1/2 to 2 pounds)
- 1 green apple
- 1 red apple
- 1 stalk celery, very thinly sliced
- 1 small shallot, minced
- 1 Tbsp. fresh thyme, chopped
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. extra-virgin olive oil
- 2 tsp. honey

In a small bowl, whisk together the shallot, thyme, salt, pepper, vinegar, olive oil, and honey. Set the dressing aside.
Slice the celery very thinly and place in a large bowl. Core and julienne the apples (do not peel) and add to the celery. Peel the celeriac and shred using a grater or mandolin. Add to the bowl and toss with the celery and apples.
Pour the dressing over the salad and toss to coat.

Whole Grain Carrot Muffins

If you can't get your kids to eat carrots, try this tasty morning muffin.

- 1 3/4 cups white whole wheat flour
- 2/3 cup quick cooking oatmeal
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 1/2 tbsps ground flaxseed
- 1 large egg
- 1/4 cup vegetable oil
- 1 cup brown sugar
- 1 tsp ground cinnamon

- 1/4 tsp ground nutmeg
- 1 tsp vanilla extract
- 1 cup buttermilk
- 1 1/3 cups shredded carrots

Preheat oven to 375F. Line 18 muffin cups with paper liners.
In a medium bowl, whisk together white whole wheat flour, oatmeal, baking soda, baking powder, salt and flaxseed.
In a large bowl, whisk together egg, vegetable oil, brown sugar, cinnamon, nutmeg and vanilla.

Stir in half of the flour mixture, followed by the buttermilk. Stir in the remaining flour mixture until no streaks of dry ingredients remain, then quickly fold in the shredded carrots.

Divide evenly into prepared muffin cups. Bake for 16-18 minutes, until a toothpick inserted into the center of the muffin comes out clean and the top springs back when lightly pressed.
Turn muffins out onto a wire rack to cool completely before serving.

Turnip Cookies

Adapted From Luizie Sez Y'all Come It's Eatin Time

- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, room temperature
- 3/4 cup sugar, plus more for coating the dough balls
- zest of one lemon, reserve a pinch for the glaze (if making)
- 1/2 teaspoon vanilla
- 2 Tablespoons milk
- 1 cup turnips (which is about 3), cooked and mashed

For the glaze, optional:
1/2 cup powdered sugar
2 Tablespoons milk
lemon zest, reserved from cookie ingredients

Cook (boil, steam, or roast, then peel) and mash your turnips. Pat dry with a paper towel.

Preheat the oven to 375°F.

Place parchment paper on two rimmed baking sheets. You can lightly butter the

pans if you want, but parchment paper makes for an easy cleanup.

In a medium bowl, combine the flour, baking powder, and salt and whisk to combine. Add the zest to the sugar and stir with a spoon or just use your fingers to disperse it. In a large or stand mixer bowl, beat the butter and sugar until light and fluffy. Add the vanilla and milk and beat until combined. Add the flour mixture until just combined. Stir in the turnips.

Place the cookie dough in the refrigerator for an hour. Then use a tablespoon or a small scoop to make dough balls and roll in sugar. Place on baking sheet about 2 inches apart. Slightly flatten the cookie balls with the bottom of a glass. Bake for 13 to 16 minutes or until golden brown.

For the glaze, whisk together the powdered sugar, milk, and lemon zest until combined. Use a knife or pastry brush to glaze the tops of the cooled cookies. Allow to set for 5 minutes

Carrot Cookies

- 2 cups carrots, peeled and sliced
 - 3/4 cup butter or 3/4 cup margarine, softened
 - 1 cup sugar
 - 1 large egg
 - 1 teaspoon vanilla
 - 2 cups all-purpose flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
- Directions:

Cook carrots in saucepan with water until tender; drain and mash. (Should measure about 1 cup when you are done). Cool.

Cream butter and sugar. Add egg and vanilla, beat together until fluffy. Stir in cooled mashed carrots. Stir together flour, baking powder and salt; blend into butter.

Drop by spoonful on ungreased cookie sheet.

Bake at 375° for about 8-12 minutes (doesn't need to cook until browned-- just until firm).