

## Small CSA Contents:

- 4 Ginger Gold Apples (greenish yellow apple)
- 4 Paula Red Apples (deep red)
- 4 Vestar Apples (red with white "crown" around stem)
- 2 lbs red haven peaches
- 1 lb organic granola
- 1 half gallon milk
- 1 lb green beans
- 1 bunch radishes
- 1 large black opal eggplant
- 1 pint cherry tomatoes
- 1.5 lb roma tomatoes

### Vegan Substitutes:

- 1 red watermelon
- 1 bunch swiss chard
- 1 lb reliance pink grapes

### Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb mixed baby eggplant
- 1 tub goat milk feta packed in whey
- 3 lb Yukon gold potatoes
- 1 lb mild Italian sausage links
- 1 lb cornmeal

## Country Corncakes from the desk of Mrs. S. Walter Washington

In the winter months I travel a lot to conferences up and down the east coast. The conferences help me stay on top of the latest trends in agriculture and bring home new information to the farmers. They also introduce me to the most interesting people (who then contribute recipes to the newsletter).

At a conference in Winchester, VA a few years back I met gentleman who was very impressed with the Fresh Fork concept, and through a short conversation, discovered that our networks overlapped in Cleveland. We have become good friends and I often board at his home when traveling through the area.

Anyway, he made me breakfast once from an old family recipe. Besides the flavor, the best part about the recipe is the family history. The Washington's are indeed relatives of George Washington. In fact, when I visit Walter I stay in the 1790's estate built by George's brother, Samuel, in Charles Town, WV (named after George's other brother, Charles).

This simple recipe only requires a few ingredients and it is recommended that if you have a cast iron skillet, you use that as well.

### Ingredients:

- 1 / 4 cup corn meal
- 3 / 4 cup buttermilk
- 1 / 4 tsp + 1/8 tsp baking soda
- 1 / 2 to 1 tsp salt (to taste)
- 1 tsp sugar
- 1 tsp flour

Mix all the ingredients together with a whisk. Pour into a hot skillet greased with either bacon grease or oil. Cook until slightly browned.

## Allyson's Appalachian Apple Cake

While I'm talking about me, the winter is also a time when Allyson and I get to travel some. We stopped at the Tamarac in southern WV a few years back and bought an Appalachian cookbook. It's called "Appalachian Home Cooking." I like it because it's more than a cookbook. It talks a lot about the history, culture, and other influences on the cuisine. All in all, the recipes are comfort foods and rather unhealthy, but they give you ideas you can build on.

One recipe Allyson really liked was one for an apple cake. With a few small adaptations, here's the recipe:

### Ingredients:

- 4 large apples, peeled, cored, and chopped
- 1 cup butter, softened
- 2 cups sugar (yes, this is an unhealthy one)
- 3 large eggs
- 1-2 tsp vanilla
- 2.5 cups flour
- 1 tsp baking powder
- 1 / 2 tsp baking soda
- 1 / 2 tsp salt
- Top: brown sugar/ cinnamon to liking

Preheat oven to 350 degrees, grease and flour a 13" by 9" pan.

Cream butter and sugar in a mixer. When well mixed, mix in eggs one at a time. Add vanilla.

Sift together flour, baking soda, baking powder, and salt. STIR this into the butter mixture (no mixer). Using a spatula fold in the apples until well mixed.

Scrape batter into pan and bake until top is brown and toothpick can be removed clean. About 45 minutes.

## Mex-Pasta

A few nights ago I had to figure out what to do with all the peppers, onions, tomatoes, corn, and squash accumulating in my fridge. Usually I just stir-fry everything, make a cream sauce, and toss it with pasta and cheese. But I wanted something a bit healthier.

So I started chopping up veggies. First the patty pan squash was cut into small cubes, then I chopped onions, hot Hungarian peppers, sweet yellow pepper, and scallions. The squash was thrown into a hot skillet with olive oil for about 5 minutes to soften. I then added the onions and peppers, some chili powder and cilantro.

Meanwhile, I cooked the corn in boiling water. I shaved it from the cob and tossed it with the other veggies. In the same water as the corn, I placed the tomatoes for about 2 minutes. I removed them and peeled the skins off, then chopped them. I added the tomatoes to the veggies and started to cook them down into a homemade salsa-type sauce.

When the pasta was cooked, I added cheese to the salsa to thicken it up some. This isn't necessary at all but cheese is a necessity in each meal in our home. I placed the salsa over the pasta and served with bread.

## Spoonbread ( "Joy of Cooking" )

### Ingredients:

- 3 / 4 cup yellow corn meal
- 1 / 4 cup bread flour
- 1 tablespoon sugar
- 3 / 4 tsp salt
- 1 tsp baking powder
- 1 cup milk
- 1 beaten egg

Sift together dry ingredients. Stir in the beaten egg and milk. Beat the batter until well blended (by hand).

Melt 2 tablespoons of butter into an 8x8 baking dish. Ceramic or cast iron are best. Pour in the batter and pour over the top 1 / 2 cup milk. Place in 375 degree oven for approximately 45 minutes. The top should be good and crusty. The time varies some depending on depth of your pan.

Chop the tomatoes. Pay attention to the heat of the various kinds of pepper. Add the hot peppers in relationship to your tolerance. Saute the chopped peppers in olive oil just to soften. Add the chopped tomatoes and the cooked pasta. Season with salt and pepper.