

Small CSA Contents:

- 1 whole pasture raised organic chicken
- 2 sweet potatoes
- 1 lb fresh shallots
- 1 lb mixed table grapes
- 1 head red cabbage
- 1 head broccoli
- 2 bi-color summer squash

Vegetarian and Vegan Substitutes:

- 1 bunch swiss chard
- 4 ct pablano peppers
- 4 ct medium hot Hungarian peppers
- 2 candy onions
- 1 bunch chives
- 1.5 lb mixed baby eggplant
- 2-3 ct tomatillo tomatoes
- 1 pint cherry tomatoes
- 2 ct Longhorn peppers (red)

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb Merguez sausage made with grassfed beef and lamb
- 1 bunch easter egg radishes
- 2-3 ct tomatillo tomatoes

Roast Chicken

Now that the weather is a little cooler a roast chicken would be most appropriate. There is no one way to achieve this all American dish so I'll offer a variety of suggestions and you can add your variations. I think that starting the roasting process at a very high heat with plenty of olive and/or butter on the chicken will get things off to a great start. Set the oven at 450. Rub the chicken with oil. Season the cavity with salt and pepper, some thyme and a couple pieces of onion and carrot. Put the chicken in the oven. After about ten minutes, brush it with melted butter. Repeat this addition of butter in about ten minutes and lower the heat to 350. Finish the roasting process.

If you have a supply of garlic you might try mincing a couple of cloves with a little butter and then forcing this mixture under the skin of the chicken breasts.

Chop some carrots, onion and celery and place this mixture in the shallow roasting pan. Add a tablespoon of dried thyme and a couple of bay leaves. Roast the chicken on this bed of vegetables. Brush the chicken with plenty of oil and butter. Arrange five or six large tomatoes, chopped, around the chicken. Add a cup of chicken stock.

Remove the roasted chicken from the roasting pan and keep it warm. Put the roasted vegetables,

tomatoes and juice through a food mill. Season this sauce with salt and pepper. Reheat the sauce. Carve the chicken. Cover the serving platter with the sauce and lay the pieces of chicken on the sauce.

Enjoy a roasted chicken sprinkled with Balsamic vinegar. The chicken is equally tasty served cold the next day. Finally, don't forget to use the carcass for making chicken stock.

Sweet Potatoes

Sweet potatoes are best when roasted and served as a purée. Place the sweet potatoes on the cutting board. Use a fork to pierce them a couple of times. Place them on a baking sheet or shallow roasting pan. Roast in a 350 degree oven until they are very soft. When the sweet potatoes are cool scrape the flesh from the skins. Purée and season with salt and pepper.

If you're ambitious you might want to try making ravioli. Use 1/3 sweet potato purée and 2/3 butternut squash purée. Season the purées with a little salt and pepper. Serve the ravioli with sage and butter. Because of the moisture in the purée the ravioli have to be cooked soon after they are made.



(Red cabbage growing in field. The outer leaves fold in to form heads.)

Red Cabbage

One head of red cabbage will produce a large quantity for this recipe. I'll suggest you begin with half of one head.

½ head red cabbage shredded (as for coleslaw); 3-4 tablespoon of lard, butter or flavorless oil; ¼ cup Balsamic vinegar, two apples peeled and diced; 1 tsp dried thyme and 1 bay leaf; 1 cup port wine; ½

cup black currant jam (substitute grape or apple); salt and pepper.

Heat the oil in a heavy bottom pan that has a tight lid. Add the shredded cabbage. Keep the heat at medium. Use tongs to lift and turn the cabbage. This process will take 10-15 minutes. Add the wine and the vinegar. Raise the heat to evaporate most of the liquid. Add the apples and the jam with the thyme and bay leaf. Add a cup of water. Season with salt and pepper lower the heat, cover the pan and cook very slowly. Stir and turn the cabbage over oven during the first hour.

Taste the cabbage from time to time. Add more jam or more vinegar to achieve the balance you prefer. The cabbage will become very soft and lose most of its texture. There is little chance that you could over cook it.

Ideally, you should let the cabbage and cool to room temperature then refrigerate it overnight or for two or three days. A couple of hours before you are ready to serve it, return the pan to the stove and reheat very slowly.

This is the ideal dish to serve with roast duck or pork.

Braised Red Cabbage

(from Epicurious.com)

Ingredients:

3-4 lbs red cabbage (1 head), quartered, cored and thinly sliced crosswise
 4 bacon slices, chopped
 1 tablespoon unsalted butter
 2 large sweet onions thinly sliced
 ½ cup white wine vinegar
 3 tablespoons packed brown sugar
 1 tablespoon salt
 1 teaspoon black pepper

Preparation:

Rinse the cabbage under cold water and drain. Do not pat dry.

Cook bacon in 8 quart or larger heavy pot over moderately low heat, stirring until crisp. Remove bacon with slotted spoon and reserve it for use later. Add butter to bacon fat, then increase heat to moderate and cook onions until golden brown, about 12-15 minutes. Stir in cabbage, vinegar, brown sugar, salt, and pepper and simmer, covered, stirring occasionally, until tender. About 1.25 hours.

Variations: Some people like to spice it up a bit with fruit (apples, cranberries, pears, etc) or ginger.