

Small CSA Contents:

- 1 head savoy cabbage
- 1 sixteen-ounce bag Mrs Miller's noodles
- 2 ct yellow squash
- 1 cucumber
- 2 ct butternut squash
- 1 lb green beans
- 1 piece brie
- 1 head green leaf lettuce
- 1.5 lb rolled organic oats
- 1 dozen eggs or 1 piece grassfed swiss cheese

Vegan Substitutes:

- 5 lb roma tomatoes
- 5 lbs red norland potatoes
- 3 ct zucchinis

Large Add-Ons

- Traditional Small Bag plus the contents below
- Choice of one of the following cuts:
 - o Spareribs. 2 per pack
 - o Baby back ribs. 2 per pack
 - o Boston Butt. 4 lbs
 - o Tenderloin. 1.5 lbs

Farm Tour Quiz Answers

This week's newsletter will return to recipes. However, I hope the quiz last week was insightful and made you think hard about the production methods to raise our food. Below are the answers to the quiz.

- 1) Ohio State University
- 2) F. Answers A and B.
- 3) All of the above.
- 4) Cardinal
- 5) Grafting
- 6) Church Youth Group
- 7) Hogs: Berkshires. Chickens: Freedom Ranger/Red Ranger and Cornish Cross/White Boiler. Cattle: Scottish Highlander
- 8) A
- 9) Chula
- 10) 1860s
- 11) Hundred Count (100 lbs)
- 12) Holland
- 13) Three times per day
- 14) C. Pasteurized and Homogenized
- 15) Answers A and B
- 16) C. Wheat Berries
- 17) 400 ft
- 18) All of the above.
- 19) All of the above.
- 20) A. Behind neck in front of ribs.

Savoy Cabbage and Green Bean Casserole by P Bosley

Savoy cabbage and green beans can make a great casserole for these cooler evening. Blanche the green beans in boiling salted water for just a minute. Refresh

in ice water. In a large saute pan saute some onion, sliced thin, in butter. When the onion starts to soften, but not color, add the shredded cabbage. Stir and toss the cabbage just until it softens a little. Set aside.

Make a béchamel sauce: use 2 tablespoons of flour and two tablespoons of butter. Melt the butter in a small sauce pan and then add the flour with a ½ teaspoon of thyme. Cook for 2-3 minutes without coloring. Add a cup of milk and bring the sauce to a boil. Cook to thicken. Add more milk if the sauce is too thick for your preference.

Layer the cabbage and green beans in a baking dish. Season each layer with salt and pepper. Season the sauce with salt, pepper and some freshly grated nutmeg. Pour the sauce over the casserole and bake for about 20 minutes until the sauce bubbles. You can add some grated cheese to the sauce or a tablespoon of tomato paste. You can make the casserole and refrigerate it for later use.

Butternut Squash by P Bosley

The arrival of Butternut Squash is a clear sign that fall is here. Roast the squash. Use it now or later or freeze it.

Cut the squash in half. Remove the seeds. Place the squash cut side down on a foil lined baking sheet. Roast in a 350 degree oven until it is very soft. Remove the squash from the oven. When it is cool enough to handle scoop the flesh from the skin. I prefer to pass the squash through a screen to remove any seeds of fiber.

Reheat the squash with butter, salt and pepper. A dash of freshly grated nutmegs is a good addition. You can also spread-out the squash in a baking dish and reheat it in the oven. Squash soup is a winner. I will not provide details as there are numerous recipes, some very good ones, online. Saute bacon to render most of the fat. Add some chopped onions and cook until they are very soft. In a large sauce pan, combine the squash, the bacon and onions, dry thyme and chicken stock. Cook for an hour. Purée the soup in a blender or food processor. Pass the soup through a screen to remove bacon bits. Season with salt and pepper.

Roasting Peppers by P Bosley

This is a challenging and sometimes tedious task. The resulting products are worth the effort. Try roasting the Pablano Peppers in a hot oven on a tray. Turn them often. This does take some time. The peppers will collapse completely. Place the roasted peppers in a paper bag and then place the paper bag in a plastic bag or a pot with a tight cover. They will steam and this should loosen the skins. When they are completely cooled pull the stems out and carefully remove the skin. Remove all the seeds from the interior. It does not hurt to open the pepper. Dry the peppers and refrigerate until ready to use.

You can place a melting type cheese in the pepper and then do a breading: dredge them in flour, then beaten egg and then bread crumb. Fry the pepper carefully to create a crust and then remove them to the

oven to bake and melt the cheese. You could also consider frying the pepper in about an inch of olive. Turn them a couple of times.

Canning Note: If you want to preserve peppers for the winter without hogging up space in the freezer, you may can the peppers. Because they are a low acid product, you will need to have a pressure canner to do so. Please refer to OSU Extension or other online resources for exact canning times and pressure, depending on volume of jar and elevation.

Eggplant Dip by P Bosley

Slice the eggplant into rounds and then cut the rounds into chunks. Salt the eggplant and let them drain in a colander for one half hour. Wash the eggplant and squeeze the pieces to dry. Use a non-stick saute pan to slowly cook the eggplant with ½ cup of diced onion in a little olive oil along with two or three cloves of garlic, minced. Cook slowly. Stir often. Cook until the pieces are very soft and can be mashed easily with a fork.

Let the mixture cool and then pure in the food processor. Season with salt and pepper. Use it as a dip or spread it on toast with a slice of tomato. You could reheat the eggplant, put it on toast, lay a thin slice of cheese over it and run these under the broiler.

Crepes w/ Zucchini, Chard, and Corn by P Bosley

Remove the kernels from the corn. You need about two cups. Make a julienne from the outside portion of the zucchini. (See Note). Braise the chard slowly until it is very soft. All of this can be done in advance.

For the crepes: 2 eggs, 1 cup milk, ½ cup water, ½ tsp. salt, 1 cup all purpose flour, 3 TBS melted butter. Combine all the ingredients in a blender or food processor and blend until smooth. Cover and set aside in the refrigerator to rest. Make this in advance if you prefer.

Season the corn and the zucchini with salt and pepper. Be ready to work fast. Mix about two cups of corn into the batter.

A non-stick shallow saute pan works well. Heat the pan to about medium-high. Brush the pan with butter. Pour about two tablespoons of batter into the pan then tip and turn the pan to swirl the batter to the edges. Quickly scatter some of the zucchini over the crepes. Use a flexible spatula to flip the crepe. Cook the second side.

Keep the finished crepes in a warm oven.

Reheat the chard and season it well. Place some of the chard on each crepe and fold it over. Serve plain, with sour cream or a little tomato sauce.