

Small CSA Contents:

- 1 lb Italian Sausage
- 4 oz chevre, goat cheese
- 20 oz loaf pumpkin bread
- 1 lb pumpkin sage linguini
- 1 bag honey puffed spelt or 1 head cauliflower (Tremont)
- 1 celery root or 1 large turnip
- 1 bunch mustard greens

Vegetarian and Vegan Substitutes:

- 6 oz piece grassfed blue gouda
- 2 heads baby bok choy (vegan)
- 1 quart brussel sprouts (vegan)

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 lb Berkshire bacon, nitrate free
- 1 quart brussel sprouts
- 2 heads baby bok choy
- 6 oz grassfed blue gouda

*Squash Add-on: This week I forgot I had pumpkin bread ordered so I had to remove the squash. They are still available at the back of the truck. **Get 1 buttercup, 1 hubba-hubba, and 2 acorn for \$5.** Great for soups, risotto, or simply roasting and enjoying.

Pumpkin Bread

This week I'm proud to feature a truly all local value-added product. One of my biggest challenges with value-added products is finding one that uses local inputs. For example, the Amish jams, such as Mrs. Millers, etc, all use Oregon fruit. That's nothing special to me so I don't buy it.

Well Diane Sikorski at Humble Pie Baking Company has really focused on using as many local ingredients as possible and sacrificing her time to ensure a high quality product.

Diane regularly offers her fruit pies on www.myfreshfork.com and will be preparing pies for Thanksgiving. Some of you may have noticed that Diane didn't offer anything this week on the website...that's because she was busy trying to finish 440 loaves of pumpkin bread.

Diane started a few weeks back by roasting off some pumpkins each day to accumulate the amount of flesh she would need. Then, yesterday (Thursday) she spent 16 hours baking pumpkin breads. Her bread includes local pumpkin, flour, and eggs.

The funny part about this bread is that while Diane had been working hard for weeks to get this ready, I forgot I had ordered it until Diane called on Thursday morning. I had to adjust this week's menu to stay within budget but do still have the winter squash. If you are interested in some winter squash, they are for sale on the truck.

Cooking with Pumpkin

Last week's pie pumpkin is a variety known as Sweetie-Pie. Most pumpkins are ranked based on their uniformity and brilliance of color, quality of the "handle" (stem), and duration. The Sweetie-Pie isn't particularly special in any one of those categories...however, it is a great baking pumpkin. Try using it to make your own pumpkin pie, pumpkin bread, pumpkin butter, etc.

Slice the pumpkin in half and scoop out the seeds. At this point, you have a few options for cooking the pumpkin. Option one is to roast it in the oven. Simply place the halves of pumpkin on a cookie sheet with a bit of water (about ¼ inch deep) and roast in the oven at 350 until soft. Option 2 is to cut it up and put the pumpkin in the pressure cooker and cook for 5 minutes at pressure. The challenge with this method is that removing the skin takes a bit longer.

When the soft pumpkin is cool, scoop out the flesh. The flesh may be frozen for up to a year to use later. This same method may be used for any type of hard squash.

Squash Bisque

Winter squash are usually not the most exciting products. To many, their use is limited. But if you have visited any Cleveland independent restaurant lately, you'll notice that everyone is making butternut squash soup. This can be achieved at home with similar results to a restaurant with about any winter squash.

In a large stockpot or heavy bottomed pan, sauté one onion in approximately 2 tablespoons of butter and one tablespoon of canola oil.

Take the squash and roast as indicated above. For each cup of cooked flesh, you want to use approximately 3/4 cup of vegetable stock. Add the vegetable stock and the flesh to the onions and simmer on the stove for approximately 30 minutes. At this point, the soup will begin to thicken.

Remove the soup from the heat and puree it with a blender. Put the soup back on the stove and bring to a simmer again. Add approximately 1 cup of heavy whipping cream to 8 cups of soup. Add cream until the soup is the consistency and flavor you desire. Add salt and pepper to taste.

This recipe can be modified by adding more cream or more vegetable stock (to dilute squash) until the flavor you desire is achieved. I made this last week and actually roasted the golden beets and added them to the soup for a nice sweet but earthy flavor. Carrots are another possibility.

Pork Chops and Apples

Brown the pork chops on both sides in a skillet with a bit of oil and remove them to a 300 degree oven to finish.

Pour off the oil from the saute pan. Add a couple tablespoons of butter, some thinly sliced onion and

sliced apples. Toss the onions and apples to coat with the butter and take on a little color. Add some honey. The honey and butter will caramelize. Add some of the cider and let the mixture reduce to create the sauce for the pork chops.

If you choose to serve the pumpkin and beets with the pork chops reheat the pumpkin. Season with salt, pepper, some butter and a very little bit of honey according to your taste. Reheat the beets in a little butter and season with salt and pepper.

Place the pork chops on the dinner plates or a serving platter and spoon the apple, onion and cider sauce over the chops. Serve with the pumpkin and beets.

Baked Goat Cheese

Goat cheese seems to be one of those items that people either love or hate. That's because most commercial goat cheeses are "stabilized" with paraffin wax to add shelf life. Abbe Turner at Lucky Penny Farm adds no wax. Her cheese was made on Thursday and is good for approximately 3 weeks. It will start to get bitter but not necessarily dangerous as it gets too old.

To bake the goat cheese, make two or four rounds, patties, from the goat cheese. Place these in a shallow dish with some olive oil. Use fresh or dried thyme to sprinkle on the goat cheese. Turn the pieces in the oil to coat them. Roll and cover the patties with bread crumbs and refrigerate. When you are ready to use bake the patties in a 350 oven for about 6-7 minutes. Serve the baked goat cheese on the salad.

Celery Root Salad

Ingredients: celery root, apple, Dijon mustard, lemon juice, cream, salt and pepper.

Cut the celery root in quarters. Rub the exposed flesh with a lemon half. Peel the celery root pieces and shred the celery root with a box grater or food processor.

Make a dressing by adding mustard, lemon juice, salt and pepper to about 1/3 cup of cream. Simply add mustard and other ingredients to taste. Mix the dressing with shredded apple and celery root. Make sure the celery root and apple are covered in the dressing. Press down on the mixture and turn it from time to time. Taste and correct the seasoning as needed. Add a few drops of lemon juice or a little more mustard as you like. This mixture will keep for two days in the refrigerator.

Year in Review Happy Hour

Join Trevor and the Fresh Fork Team at the Grovewood Tavern on East 172nd and Grovewood Avenue on **Tuesday, November 2nd from 5 to 7 PM.** Trevor will do a short presentation on this season and answer any questions you have. \$5 Happy Hour food and drink menu featuring local foods and special cocktails just for Fresh Fork customers.