

Package Contents:

- 1 whole pasture raised chicken
- 1 lb Berkshire pork bacon
- 1 lb pumpkin sage linguini
- 8 oz gouda cheese
- 1 head green cauliflower
- 1 bunch red beets with tops
- 1 stalk brussel sprouts
- 2 green bell peppers
- 2 lbs fingerling potatoes
- 2 lbs roma tomatoes
- Quarter peck of goldrush apples

A few uses for beets.

Over the summer season, one of the most common remarks I would get from customers would be how much they enjoyed the beets. They had grown up on canned beets and it was always that food that you were afraid to eat.

Beets are an exceptional vegetable. Not only are they very healthy, but they are versatile. They also last a long time. If you remove the tops, they will last two or three months in the refrigerator.

When you cut off to the tops, don't throw them away. Remove the fleshy part of the leaves from the center vein and use them as braising greens. You can cook them just like spinach or swiss chard.

As for the beet itself, try roasting it like a potatoe. You may wrap them individually in foil and roast until soft (depends on size). You may also toss them with some salt and olive oil and pan roast them. Finally, try simply boiling your beets until tender. You want to be careful not to overcook them because you'll cook out some of the nutrients!

In this newsletter, I'll introduce a few possible recipes for beet muffins. I've heard of very dark chocolate beet-chocolate cakes...so you may want to surf the web if that sounds appetizing (though much less healthy than roasted beets!).

Beet Soup

There are countless variations of beet soup recipes online. Do a quick search for beet soup and you'll see. One of my most memorable beet soup recipes was a chilled beet and canteloupe soup I had at Lucky's Café back in July.

A basic beet soup is similar to the squash bisque in last delivery's newsletter. First, start by roasting the beets. Use approximately a pound of beets, which should be about 3 medium-large beets. Wrap the beets in foil and roast until tender. Once tender, the skins should slip off rather easily. You may also ice-bath the hot beets to help loosen the skins up. When you have naked beets, chop them into smaller pieces.

In a heavy bottomed pan, melt two tablespoons of butter and two tablespoons of olive oil. Add approximately a cup of chopped onion and some finely chopped celery (if you have it). Cook until tender on medium heat.

Add the beet pieces and cook until most of the butter and oil has cooked away. Add approximately 1 cup of water or vegetable stock for each cup of chopped beets. You may add more liquid later based on taste.

Cook the beets until very tender, probably another 30 minutes on medium to low heat. You will want to stir frequently. During this time you will want to add some spices. A bay leaf or two is good, some salt, some thyme, parsley, and allspice all work well. Start with small quantities (1/4 tsp or so) and adjust up as needed. I like mine without many spices.

When the soup has cooked approximately 30 minutes, remove it from the heat. Scoop the soup into a blender and puree the mixture. If all the batch won't fit in the blender (as it likely won't), be sure to have another pot available to put the puree into.

Warm the soup over low heat and add whipping cream to taste, texture, and color. Approximately 1/2 cup will be needed. Serve immediately.

"Beetnik" muffins

The Root Café in Lakewood has a wonderful beet and blueberry muffin. I believe it is vegan too...but I can't figure out how to recreate that.

So I found a few recipes online that seem to yield similar results. This one is for an eggless beet muffin.

Ingredients:

- 1 cup shredded, roasted beets (roast until tender, not completely mushy)
- 1 cup flour, whole wheat or spelt flour if you have it
- 1/2 cup all purpose flour (in addition to whole wheat or just put 1.5 cups total)
- 1/2 cup + 2 tablespoons brown sugar
- 1/2 cup vegetable oil
- 1/2 cup milk
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 tsp ground ginger (optional)
- 1/4 cup raisins (optional)

Process:

- 1) Preheat oven to 350.
- 2) Mix shredded beets, oil, milk, vanilla, and brown sugar in big bowl.
- 3) In a separate bowl, sift flour, baking soda, baking powder, and spices together.
- 4) Mix the dry and wet ingredients.
- 5) Add the raisins (optional)

- 6) Line the muffin tins, scoop batter into muffin tins.
- 7) Bake 15-20 minutes or until toothpick comes out clean. Let cool.

Beet-Apple Muffins

I just found this recipe and it sounds tasty, so I figured I'd pass it on. From nibbledish.com.

Ingredients

- 1 egg
- 1/8 cup pumpkin
- 1/8 cup canola oil
- 1/2 tsp vanilla
- 1/4 tsp lemon juice
- 1 tsp molasses
- 1 tsp white wine vinegar
- 1/2 cup sugar
- 1/2 cup beets, shredded
- 1 cup apples, chopped
- 1/4 cup wheat pastry flour
- 1/3 cup oats
- 1/4 tsp baking soda
- 1/8 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Pinch of salt

Method:

- 1) Preheat oven at 350 and grease muffin tins.
- 2) Combine egg, pumpkin, oil, vanilla, molasses, lemon juice, vinegar, sugar, beets, and apples.
- 3) In a separate bowl, whisk together dry ingredients.
- 4) Combine the dry and wet ingredients with a spatula. Don't mix too much.
- 5) Fill the muffin cups half full and bake 15 minutes or until toothpick removes easily.

Roasted Brussel Sprouts with Bacon

This is a recipe I borrowed from the Grovewood Tavern. They currently are running this on their happy hour menu in a rather generous serving size for only \$5.

Roast the brussel sprouts in the oven until tender. In a separate pan, cook some bacon pieces. Use approximately a strip for every 15 or 20 sprouts.

Add the roasted sprouts to the bacon (drain off some of the bacon grease). Splash some cream on the sprouts and cook until the cream thickens and/or is absorbed into the sprouts. Serve immediately.

Turkey Last Call

The Thanksgiving packages are sold out, but don't miss your chance on a turkey. The deadline is Wednesday, Nov 17. Order at www.myfreshfork.com or email Trevor at Trevor@freshforkmarket.com