

Oct 5 & 8, 2009  
Volume 4, Issue 17

# Kettle Pond Farm CSA

**Week 17**



In Your  
Share:

- Eggplant-
- Garlic-
- Leeks-
- Carrots-
- Potatoes -
- Greens-
- Cabbage-
- Winter  
Squash-
- Parsley-

*You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients. -Julia Child*

## **Feastivals!**

It's week 17 of our CSA here at Kettle Pond Farm! There are some new veggies in the shares this week: hearty Cabbage and Winter Squash!

Don't forget about our Potluck this upcoming weekend! It will be Saturday the 10<sup>th</sup>, starting at 3 and going 'til dark. The potluck is a great opportunity to come and celebrate the season, mingle, take a stroll to the river, relax around a bonfire and feast on good food! Please bring a dish to share!

Please also remember that on October 24<sup>th</sup> we'll having a yard sale. If you're interested in getting rid of another's treasure before the winter arrives, tables will be available to rent. Please get in touch with us if you are interested in participating in, or helping out with the yard sale.

## **Veggies**

### **Winter Squash!**

This year we planted a bunch of varieties of winter squash. Winter squash differs from summer squash in that winter varieties are harvested when they are mature. This means that the skin has hardened and the seeds inside are viable.

Though there are many varieties, they can all be prepared in the same ways, though some varieties are more suited to specific preparation. Winter squash can be steamed, boiled, roasted, or baked, or pureed. Seeds can also be roasted and seasoned. Yum!

### **Cabbage!**

Cabbage is one of my favorites! Unfortunately cabbage is a favorite of the cabbage moth as well, so beware of holes and the potential of unwelcome friends. If you are worried about finding bugs, soak your cabbage in salt or vinegar water for 15-20 minutes!

Nutritionally, cabbage is an excellent source of vitamin C. It is also a very good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. And it's good source of thiamin, riboflavin, calcium, potassium, magnesium, vitamin A, and protein!

There are many ways to prepare cabbage. It has been suggested that cabbage should only be cooked for 5 minutes or less to fully benefit from it's anti-carcinogenic properties. That being said, Cabbage can be eaten raw in slaws, or it can be braised, sautéed, or boiled. The leaves can also be used to make tasty wraps, just throw in leftover rice and bake

## Leek and Cheese Tart

### *Ingredients:*

2 cups white part of leeks - sliced thin, 1 fat shallot - minced, 2 cloves garlic - minced, 2 tsp. butter, ½ pound sharp cheddar cheese - grated, 2 cups milk, 4 eggs, 1 cup Bisquick, Parsley, salt and pepper – to taste

### *Directions:*

Slowly sauté the leeks, shallot and garlic in butter until well wilted and thoroughly cooked. Let cool slightly, then arrange in bottom of a well buttered quiche pan or deep pie dish. Sprinkle the cheese over the leek mixture.

Combine the remaining ingredients in a blender, blend well and pour over the vegetables and bake tart for 35-40 minutes in 400 degree oven. It puffs up during baking but will gradually sink as it cools.

## Pasta with Butternut Squash and Sage

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*If more of us  
valued food  
and cheer and  
song above  
hoarded gold,  
it would be a  
merrier world.*

### *Ingredients:*

1 medium onion, chopped  
2 tablespoons olive oil  
1-lb butternut squash, peeled and cut into 2-inch pieces  
¾ cup water  
1 teaspoon chopped fresh sage  
1 lb gemelli or penne rigate pasta  
2 tablespoons chopped fresh flat-leaf parsley  
1 cup freshly grated parmesan plus additional for sprinkling  
2 tablespoons unsalted butter (optional)

-J. R. R. Tolkien

### *Directions:*

Cook onion in oil in a large nonstick skillet over moderately high heat, stirring occasionally, until golden. Finely chop squash pieces in a food processor and add to onion with water and salt to taste. Simmer, covered, stirring occasionally, 15 minutes, or until squash is tender. Add sage and simmer 1 minute more. Cook pasta in a 6-quart pot of boiling salted water until al dente. Reserve 1 cup cooking liquid in a cup and drain pasta. Return pasta to pot and add squash mixture, parsley, 1 cup parmesan, butter, and plenty of freshly ground black pepper, stirring until butter is melted. Season with salt and add some of reserved pasta cooking liquid to moisten if necessary. Serve sprinkled with additional parmesan.

Serves 4.