

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Fall Harvest #6 November 21, 2011

THE HARVEST

Your Harvest Share this week

Today you should pick up your Thanksgiving harvest from 2pm to 7pm. This week only, harvest will be early so you have time to prepare your food and enjoy the holiday. If you cannot pick up on Monday, late pick-up day will be Tuesday November 22nd from 10am to 4pm (in the walk-in refrigerator in marked bins). Our next harvest will be on Thursday December 1st.

This week's harvest will include a variety of roots (beets, carrots, radish, potatoes, and sunchokes) as well as some greenhouse greens (Red Russian Kale and lettuce). Our greenhouse pepper plants are still providing peppers and we will also include some squash favorites, a bit of garlic and some fresh herbs. Also, we will be distributing apples as part of the share. These are not organic but they are from a local farm (Lawrence Farms in Newburgh). The type of apple is called Spartan and is good for eating, baking, or cider making.

We hope you have a wonderful Thanksgiving.

Enjoy your harvest!

THE FARM

Christmas Shop

Our Christmas shop will be open weekends in December. We will be selling handmade wreaths and locally grown Christmas Trees.

Members will be able to pick up their wreaths or trees on harvest pick up days (Thursdays). Sample wreaths will be displayed beginning this week.



THIS WEEK'S HARVEST MAY INCLUDE:

- Apples
- Beets
- Carrots
- Garlic
- Kale
- Lettuce
- Potatoes
- Radish
- Sunchokes
- Sweet Peppers
- Winter Squash (Acorn Squash, Pie Pumpkin)
- Fresh Herbs

FEATURED RECIPES

Apple Crisp II

Adapted from allrecipes.com, submitted by Diane Kester

Ingredients

- 10 cups all-purpose apples, peeled, cored and sliced
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 cup water
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- 1 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted

Directions

1. Preheat oven to 350 degrees F (175 degree C).
2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
4. Bake at 350 degrees F (175 degrees C) for about 45 minutes.
5. Serve warm with a scoop of vanilla ice cream.

Roasted Rosemary Acorn Squash

This recipe is adapted from wholefoods.com.

Ingredients

- 1 medium acorn squash, peeled, seeded, and cut into ¾ inch cubes
- 1 medium carrot, peeled and cut into ½ in cubes
- 1 small onion peeled and chopped
- 2 – 3 cloves of garlic, peel and leave cloves whole
- ½ tablespoon of fresh rosemary, chopped
- 2 tablespoons of extra virgin olive oil
- Sea salt to taste
- Ground pepper to taste

Directions

Preheat the oven to 400 degrees F. In a medium bowl, toss squash, carrot, onion, garlic, rosemary, and olive oil together until evenly coated with oil and herbs. Season with salt and pepper. Place evenly on a non-stick baking sheet and roast until tender (about ½ hour)

Pumpkin Sage Soup

This recipe is adapted from *Farmer John's Cookbook* by John Peterson and Angelic Organics.

A hearty fall dish so keep this recipe on hand for when the cold weather hits. Sprinkle with some Parmesan cheese and serve with crusty bread.

Ingredients

- 1 medium pie pumpkin
- 3 Tablespoons olive oil
- 3 tablespoons whole sage leaves
- 1 medium onion (minced)
- 1 clove garlic (minced)
- 1 quart vegetable or chick stock or water
- 4 tablespoons of fresh parsley (minced)
- ¼ teaspoon of dried thyme
- Pinch of ground cinnamon (or more to taste)
- 1 teaspoon of salt
- 1 teaspoon of black pepper

Directions

1. Preheat oven to 375 degrees F.
2. Cut the pumpkin in half, scoop out the seeds, and place the halves cut side down in a glass baking dish with a bit of water. Bake until soft about 30 – 40 minutes.
3. Heat the olive oil in a soup pot over medium heat. Dip a sage leaf in the oil, if it sizzles it is hot enough to add remaining sage leaves. Cook until the leaves are speckled and begin to turn a very dark green. Scoop them out and transfer them to a paper towel lined plate.
4. Add the onions to the sage oil and sauté, stirring frequently for about 10 minutes. Stir in the garlic and cook for 2 additional minutes.
5. When the pumpkin is cool enough, scoop out all of the flesh and chop it roughly. Add it to the soup pot, stir well. Add the stock or water, parsley, thyme, and cinnamon. Bring to a boil. Add the salt and pepper. Reduce the heat and simmer for 30 minutes.
6. If you prefer a smooth soup, run the soup through a blender or food processor.
7. Garnish your soup with the fried sage leaves before serving.