

# Recipe Page

October 6th, 2005- Week 18

## What's in Your Box this Week?

**Sweet Peppers** (L&R Family Farm)

**Onions** (White Oak Farm)

**Carrots** (Wolf Gulch Farm)

**Potatoes** (L&R Family Farm and Boones Farm)

**Lettuce** (L&R Family Farm)

**Watermelons** (L&R Family Farm)

**Kale** (Seven Seeds Farm and L&R Family Farm)

**Parsnip** (Wolf Gulch Farm)- these “ivory carrots” are delicious- check out “Vegetable of the week” and recipes on the back page for ideas on how to cook them.

**Apples** (Thompson Creek Orchard)

**Winter Squash** (Seven Seeds Farm and Boones Farm)- delicata (small, yellow with green stripes) for larges, kabochas (dark green) for all.- bake for 1 hour at 350 degrees.

**Raspberries** for small shares (Seven Seeds Farm)

## Almond-stuffed Winter Squash

Ingredients:

2 small winter squashes

1 tablespoon butter

1 large onion, chopped

1/4 cup finely chopped toasted almonds

1/2 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger

Salt and freshly-ground black pepper to taste

If using an oven, preheat to 375. Cut the squashes in half lengthwise. Place halves in a baking dish, cut side up, with about 1/2 inch of water, and cover with foil. Bake until easily pierced with a knife but still holding their shape, 30 to 40 minutes, depending on size and type of squash used. When the squashes are cool enough to handle, scoop out and discard the seeds. Scoop out the pulp and transfer to a mixing bowl, leaving a sturdy shell of about 1/4 inch thick all around. Heat the butter in a medium skillet. Add onion and saute over medium heat until golden. Add the almonds and continue to saute until they give off a toasty aroma.

Combine the onion mixture with the squash pulp. Add ginger, season with salt and pepper, and stir together. Stuff back in to the squash shells. Reheat in the oven, just until heated through, and serve.

Here are some quick and easy ways to enjoy parsnips:

### **Potato and Parsnip Rosti**

8 oz potatoes, grated	8 oz parsnips, grated
1 onion, thinly sliced	1 tbsp creamed horseradish
2 tbsp chopped onions	3 fl oz yogurt

Mix everything together and season to taste. Pour into a shallow baking dish, cover with foil and bake for 1 hour. Uncover and bake for 15 minutes until becoming crisp and brown.

### **Parsnip and Potato Puree**

1 1/2 lb parsnips, peeled and cubed	1 lb potatoes, peeled and cubed
4 cloves garlic, peeled	freshly ground nutmeg
1/4 pt skimmed milk	

Cook the potatoes, parsnips and garlic together in boiling salted water until tender. Drain and mash thoroughly. Season with pepper and nutmeg. The original recipe garnished the puree with toasted pine kernels.

### **Spiced Parsnip Soup**

1 1/2 lb parsnips, peeled and cubed	2 onions, chopped
2 garlic cloves, chopped	1 tsp cumin seeds
1 tsp cardamon seeds	1 tsp coriander seeds
1 tsp turmeric	1 tsp ground ginger
2 pints vegetable stock	

Dry roast the seeds and grind together. Saute the onion and garlic. Add the spices and cook for a couple of minutes. Add the parsnips and stock and

### **Kale with Root Vegetables**

#### **Ingredients**

1 bunch green or purple kale	1 medium parsnip, chopped into bite-size pieces.
1 medium turnip, chopped into bite-sized pieces	2 medium red potatoes, chopped into bite-sized pieces.
1 small yellow onion, diced.	3 cloves garlic, diced
olive oil	balsamic vinegar
dash of pepper	water

Clean kale and chop into bite sized pieces. In a large pot add a small amount of water. Bring water to a boil. If you have a steamer place it into the pot at this time. Put the kale, parsnip, turnip and potato into the pot. Then turn down the heat to low boil and cover the pot. In a small skillet, heat 1 - 2 tsp olive oil. Add the onion and garlic and saute until soft. Remove the onion and garlic from the heat when done cooking. When the kale is thoroughly cooked and the root vegetables are soft but not mushy turn off the heat. Put the kale and root vegetables in a large serving bowl. Add the onions and garlic, a swig or two or three of the balsamic vinegar ( depending on how vinegary you like things), pepper to taste and toss everything together. Serve warm.