

Recipe Page

October 13th, 2005- Week 19

What's in Your Box this Week?

Beets (Riverwood Island Farm and L&R Family Farm)

Carrots (Wolf Gulch Farm)

Potatoes (L&R Family Farm and Boones Farm)

Chard (L&R Family Farm and Seven Seeds Farm)

Leeks (L&R Family Farm)

Lettuce (L&R Family Farm)

Kale (L&R Family Farm)

Winter Squash (Riverwood Island Farm and L&R Family Farm)-acorn, delicata or butternut

Apples (Thompson Creek Orchard)

Dry Beans (Dancing Bear Farm) Mixed varieties

Herb Bunches for large shares (Riverwood Island Farm)- bay leaf, sage, rosemary, lavender, and oregano.

Carrot-Apple Cake

Ingredients:

1 1/2 cups sugar	1 1/2 cups vegetable oil	3 eggs
2 teaspoons vanilla	2 cups sifted all-purpose flour	2 teaspoons cinnamon
1 teaspoon baking soda	1 teaspoon baking powder	1 teaspoon salt
2 cups shredded carrots	1 cup chopped apple	1 cup golden raisins
1 cup chopped pecans		
Pecan Cream Cheese Frosting:		
2 (3oz) pkgs cream cheese, softened	1 tablespoon milk	2 teaspoons vanilla
dash salt	1 box (1lb) confectioners' sugar -- sifted	1/2 cup chopped pecans

Combine first 4 ingredients in a large bowl; blend well. Sift together the dry ingredients; add to the first mixture and mix well. Stir in remaining ingredients. Pour into 2 greased and wax paper lined 9-inch cake pans. Bake at 350° 35 to 45 minutes until center of cake is firm to touch. Cool in pans 10 minutes. Remove from pans and finish cooling on cake racks. Frost with Pecan Cream Cheese Frosting.

Frosting: In a medium bowl blend first 4 ingredients thoroughly. Gradually beat in sifted sugar until frosting is smooth and of spreading consistency. Fold in pecans

Stuffed Winter Squash with Leeks

1 winter squash	2 leeks	2 tablespoons olive oil
2 garlic cloves, peeled and crushed	2 tablespoons chopped fresh thyme	2 tablespoons paprika
1 teaspoon turmeric	1/2 cup long grain rice	Salt and pepper
1 cup cheddar cheese,grated	1/2 cup pine nuts	

Cut the top from the winter squash, about 2 inches down. Set this aside for the lid. Scoop out the seeds and most of the flesh, leaving a thin shell. Chop the winter squash flesh and set this aside also. Clean and then chop the leeks. Heat the oil in a large frying pan and add the leeks, garlic, thyme and spices. Fry for around 10 minutes then add the squash flesh and continue to cook until golden. Stir frequently. Transfer this mixture to a bowl. Meanwhile, cook the rice. Drain the rice and add to the squash mixture, pine nuts and cheese. Mix together with a fork and season with salt and pepper. Spoon the mixture into the winter squash shell and bake for between 1&1/4-1&1/2 hours until the flesh has softened and the skin has browned. Remove from the oven and leave for around 10 minutes. Cut into wedges and serve.

Apple Beet Salad

Ingredients:

2 cups cooked and diced beets
2 apples - peeled, cored and chopped
3/4 cup walnuts
3/4 cup creamy salad dressing

In a large mixing bowl, combine the beets, apples, walnuts and salad dressing. Mix together and chill before serving.

Bean, Potato and Kale Soup

Ingredients:

1 pound beans	2 large or 3 medium leeks, white only, finely sliced
6-7 quarts water or vegetable stock	1 large bay leaf
4 medium white potatoes cut in half	2 teaspoons dried sage or 3 large leaves fresh
1 bunch kale	Salt & pepper to taste

Sort and clean beans. Soak overnight. In a large (10 quart) soup kettle, cook leeks in olive oil over medium heat until softened. Do not brown. When leeks are soft, add water or stock, beans, bay leaf and piece of kombu. Bring to a boil, then reduce heat to medium low and cook for about 45 minutes or until beans are about half done. Remove kombu and bay leaf. Discard. Add potatoes and sage. Cook another half hour to 45 minutes. Add another quart of water if necessary. While soup is cooking, clean and stem kale. Chop roughly into bite-size pieces. Cook in separate pot with only the water clinging to their leaves, until greens have just wilted. When potatoes and beans are soft, remove potatoes with some of the cooking liquid and puree in a food mill. Return to the soup, mixing well. Puree about 1/4 to 1/3 of the cooked beans and return to soup. Add kale. Season with salt and freshly milled pepper. Simmer for another 1/2 hour over low heat.