

UKCSA Week #16, Sept. 8th 2011



Week #16! Where did the time fly??? Just like last week, we'll have a handful of Louki (Bottle-gourds) in the Swap Box for people to try. If you took one last week, please DON'T take one this week as a few folks weren't able to get one last week.

Today we have turnips!!! In addition, we are bringing more greens and made the bunches slightly smaller since you will also have turnip greens to use. The parsley would be great for tabouli, a potato/parsely soup, or used as a topping for some baked acorn squash. We cut the ever-lasting lemongrass in case you decide to make the thai-spiced watermelon soup (recipe to be posted this afternoon on the blog...look for it). It would also be great as a hot tea! The second field of watermelons was so productive, we will also have another watermelon to give out next week (keep in mind for those who share).

There are still bush and pole beans to be picked, so U-Pickers...pick on! The cherry tomatoes are looking a bit rough, but there are still some out there.

And I must say, the farm looks just as beautiful (or better) in the overcast skies. The colors are enhanced and seem to glow all the different shades of greens, the wet leaves shimmer, and the constant drizzle reminds me of the vegetable displays at the supermarket: spritzing every 30 seconds for freshness., only this is as fresh as you can get it, and much tastier I'd say.

This week's harvest

Potatoes	3 pounds
Acorn Squash	2
Onions	2 bulbs
Garlic	2 bulbs
Hot Peppers	a handful
Turnips	1 bunch
Green's Mix	1 bunch
Parsley	1 bunch
Lemongrass	1 bunch
Tomatoes	
Pawpaws	at least 2
Watermelon	1

U-PICK THIS WEEK:

Pole Beans

Bush Beans

Okra

Cilantro

Cherry Tomatoes

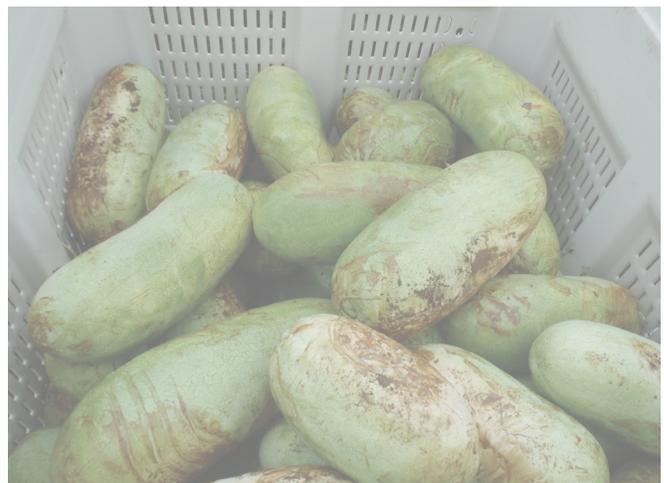
Basil

Flowers

Oregano, Thyme, Savory, Lemongrass, Chives, Parsley (all in the "Herb-Field")

Paw-Paws (see below)

If you've become a pawpaw fanatic, ask us where the trees are and you can pick some up (off the ground) when you're out at the farm.



Recipes

APPLE-TURNIP MASHED POTATOES

Adapted from Southern Living and posted at:
<http://www.angiespangies.com/apple-turnip-mashed-potatoes/>

1 pound turnips, peeled/cut into 1 inch pieces
1 pound potatoes, peeled/cut in 1 inch pieces
2 medium Golden Delicious apples, peeled
and cut into 1 inch pieces
1 tablespoon olive oil
3 cloves garlic, minced or pressed
1/2 teaspoon dried thyme
1/2-3/4 cup buttermilk (or sour milk)
2 tablespoon softened butter
2 tablespoons (about 3 slices) of crumbled
bacon (I used real bacon bits)
Salt and pepper

Cover the turnips and potatoes with salted water and bring to a boil. Cook for 15 to 20 minutes, or until tender.

Meanwhile heat the olive oil in a large saute pan and add the chopped apples and garlic. Saute until tender and fragrant.

Drain the potatoes and turnips and pour them into a large bowl. Add the butter and apple mixture and begin gently mashing. Slowly add the buttermilk until you have the right consistency.

Stir in the bacon, thyme and use salt and pepper to taste.

Serve immediately. These warm up well, so alternatively you can make them ahead and microwave them before serving.

MOROCCAN-STYLE STUFFED ACORN SQUASH

Recommended by a CSA member, this recipe comes from <http://allrecipes.com/recipe/moroccan-style-stuffed-acorn-squash/detail.aspx>

2 tablespoons brown sugar
1 tablespoon butter, melted
2 large acorn squash, halved and seeded
2 tablespoons olive oil
2 cloves garlic, chopped
2 stalks celery, chopped
2 carrots, chopped
1 cup garbanzo beans, drained
1/2 cup raisins
1 1/2 tablespoons ground cumin
salt and pepper to taste
1 (14 ounce) can chicken broth
1 cup uncooked couscous

Preheat oven to 350 degrees F (175 degreesC).

Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture, and keep squash warm while preparing the stuffing.

Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins. Season with cumin, salt, and pepper, and continue to cook and stir until vegetables are tender.

Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.

<http://www2.ca.uky.edu/sustainableag/csa>

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