



The Weekly Weeder

A weekly publication for CSA members

NOVEMBER 11, 2009—BOX #20— LAST BOX!

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Box Contents & Storage Tips

Brussels Sprouts: If you're tired of eating sprouts, blanch and put into the freezer for use later this winter.

Carrots: Fantastically sweet & certainly one of the favorites in the boxes. Keep in a plastic bag in the crisper drawer until used.

Celeriac: Use in any soup or stew for a rich celery flavor. Keep in a plastic bag—stores for months.

Rutabaga: Store in a plastic bag in the refrigerator until ready to use. Keeps for months!

Garlic, Germany Extra Hardy: Last week we completed garlic planting, with more seed put into the ground again this season (900-1000 lbs!) Here's the last of our 2009 crop!

Spinach: A few yellow leaves to pick out of your bag (frost damage). We harvest leaves with knives, then wash them in a series of water tanks, lastly spun dry in an old washing machine—ready to bag!

White Cipollini Onions: An Italian sauté onion. Use them soon as they're starting to sprout. Each one was hand trimmed and cleaned, so a time consuming task here at the farm.

Winter Squash: Acorn, Butternut, and Pie Pumpkin - A traditional giving of many favorites. Stores well in a cool space, so no need to use these up right away.



THANK YOU!!!

It's been a terrific season and we are so glad you joined us this season. We feel humbled by your support and honored to have provided food for you, your friends and your family.

MEMBERSHIP SURVEY:

There's still time to complete your survey and send it to us (electronically or mailed) Your feedback is important and greatly appreciated. Many thanks to those who have submitted their comments!

ANNOUNCEMENTS

- **Saturday, November 14: Beef & Pork Delivery to La Crosse, La Crescent, Westby, Viroqua**
- **2010 CSA Information will be sent to you by year's end.**
- **We're looking for additional pick-up sites (home or business). Contact us if you are interested in saving \$200 off your share.**



Recipes! Recipes! Recipes!

Pumpkin Cheese-Filled Pecan Muffins

1st Traveler's Choice Internet Cookbook.
(www.virtualcities.com)

Ingredients

- 2 cups flour
- 3/4 cup sugar
- 1/2 cup chopped pecans
- 1 Tablespoon baking powder
- 1-1/2 teaspoons pumpkin-pie spice
- 1/2 teaspoon salt
- 2 eggs, beaten
- 3/4 cup pumpkin
- 1/2 cup butter, melted
- 1/4 cup sour cream

One 3-ounce package cream cheese, cut into cubes
In a large bowl mix flour, sugar, pecans, pumpkin-pie spice, baking powder and salt. In a small bowl mix eggs, pumpkin, sour cream and melted butter. Add to flour mixture. Stir until blended only. Fill greased muffin tins half full. Place cream cheese cube in the middle and top with more batter. Bake approximately 20 minutes in a 400-degree oven. When serving, be advised that the pumpkin color will bleed onto any linens used; line your serving basket/dish with a paper doily.

Pumpkin Crème Brule'

A Sunset Hill House Recipe,
Joseph Peterson, Executive Chef

Ingredients for pastry layer

- 10 sheets filo pastry
- 2 ounces butter
- 1 cup almonds
- 1/4 cup brown sugar

Ingredients for Custard:

- 12 eggs
- 2 cups cream, scalded
- 1 cup pumpkin, poached & peeled
- 3/4 cup sugar

Pastry Layer: Blend almonds and brown sugar together. Place 1 sheet filo pastry on workbench and drizzle with melted butter. Sprinkle with almond and butter mixture. Place another sheet of filo pastry on top, drizzle with butter and sprinkle with almond mixture. Repeat until you have 10 layers. Cut into 3-inch squares and bake at 350 degrees until golden brown.

Custard: Whip egg and cream together. Add pumpkin and sugar and blend well. Pour into a shallow baking dish (custard should be about 1/2 inch deep in dish). Bake until golden brown. When cooled, cut into 12 squares. Lay one square of filo on serving dish; place a square of custard on top and cover with another square of filo. Garnish with a fruit compote or coffee glaze.

Bean Squash And Spinach Soup With Fresh Herbs

- 2 T. olive oil
- 2 medium leeks, washed well and finely chopped
- 4 large cloves garlic, minced
- 2 1/2 C. vegetable broth
- 3 cups cooked beans (I used 1 can chickpeas and 1 can white cannellini beans)
- 1/2 small butternut squash, peeled and cut into 1/2-inch cubes
- 1/4 cup finely chopped herbs (I used rosemary and thyme)
- 5 oz. fresh baby spinach leaves
- salt and pepper to taste
- 1 T. vermouth (optional)

Directions

1. In a large, heavy pot, heat olive oil and sauté leek and garlic, stirring occasionally, about 5 minutes.
2. Stir in broth, beans, squash, and herbs.
3. Bring to a boil, reduce heat, and simmer, covered, about 20 minutes, until squash is tender and beans are soft.
4. Scoop 1 1/2 cups soup into a blender and puree until smooth. Add a bit more broth if necessary. Stir back into pot.
5. Stir in spinach and cook for 4-5 minutes longer, until greens are wilted.
6. Season with salt and pepper, and, if desired, vermouth.



While we take great care to provide the cleanest and safest food possible, all produce should be washed prior to eating.

