

# Annie's Gardens and Greens—What's in the bag!

10/06/2010

Volume 2, Issue 47

This week's share consists of items from Grown Locally, Annie's Gardens and Greens, & Stone Creek Farms a division of Plant Peddler.

## Estimated produce for Oct. 6th and Oct. 8th

Full Share: Leeks, Delicata Squash, Brussel Sprouts, Green Peppers, Tomatoes, Sage, Radishes

1/2 Share: Green Peppers, Delicata Squash, Tomatoes, Sage, Brussel Sprouts

You may find substitutes and/or varying amounts of produce in your share. It depends on what vegetables we have in Annie's gardens. Weather plays a major role in what produce is available.

### In this issue

Bacon and Leek Warm Potato Soup	1
Delicata Squash with Rosemary, Sage, and Cider Glaze	1
Beef & Chicken Fajitas with Peppers & Onions	2
Grilled Turkey Breast with Bacon, Green Tomato with Goat Cheese-Sage Mayonnaise	2
Suggestions	2
Just a Little Note	2

### Reminders!

- Next CSA delivery will be Oct 13th & Oct 15th.
- Please send in your payments by mailing them to Annie's Gardens & Greens 30975 Lincoln Rd, Fort Atkinson, IA 52144
- Please return CSA bags at your drop site to be picked up for the next delivery.



## Bacon and Leek Warm Potato Soup

### Ingredients:

- 4 large Idaho potatoes, peeled and thinly sliced
- Salt
- Extra-virgin olive oil, for drizzling
- 8 slices center cut bacon, chopped
- 2 ribs celery, chopped
- 1 carrot, peeled then thinly sliced with a vegetable peeler, then chopped into bits
- 2 leeks
- 1/2 cup dry white wine, eyeball it
- 1/2 cup chicken stock, eyeball it
- 2 tablespoons fresh thyme, 5 to 6 sprigs, stripped and chopped
- Black pepper

### Directions:

1. Place potatoes in a pot and cover with water. Bring to a boil, salt water and cook until just tender 10 minutes.
2. Heat a medium skillet over me-



3. dium high heat. Add a liberal drizzle of extra-virgin olive oil and the bacon. Cook bacon until crisp.
4. Reserve bacon on paper towel lined plate, removing it from the pan with a slotted spoon. Drain some of the fat, leaving about 3 tablespoons in the pan. Add celery and carrots to the pan. While the vegetables cook, cut leeks lengthwise then into half moon

slices 1/2- inch thick. Run the leeks under cold water and separate every layer to release the trapped grit. Drain well. Add leeks to sauteed veggies and cook another 4 to 5 minutes until tender. Deglaze the pan with wine and pick up any pan drippings. Reduce heat to low and add chicken stock and thyme.

4. Drain potatoes and return to hot pot to cook off water then transfer the potatoes to the skillet with the vegetables and stock. Carefully combine the potatoes and vegetables, add bacon back to the pan then season the warm salad with salt and black pepper, to taste.

<http://www.foodnetwork.com/recipes/rachael-ray/bacon-and-leek-warm-potato-salad-recipe/index.html>

## Delicata Squash with Rosemary, Sage, and Cider Glaze

### Ingredients

- 2 medium delicata squash (about 2 pounds) or other firm winter squash
- 3 tablespoons unsalted butter
- 1/4 cup very coarsely chopped fresh sage
- 1 tablespoon coarsely chopped fresh rosemary
- 1 1/2 cups fresh unfiltered apple cider or juice
- 1 cup water
- 2 teaspoons sherry vinegar
- 1 teaspoon salt
- Freshly ground black pepper

### Directions

1. **Squash.** If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.
2. **Herb Butter.** Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the

herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

3. **Cooking the squash.** Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

<http://www.epicurious.com/recipes/food/views/Delicata-Squash-with-Rosemary-Sage-and-Cider-Glaze-104125>

## **Beef & Chicken Fajitas with Peppers & Onions**

### **Ingredients:**

#### MARINADE:

- 1/4 cup olive oil
  - 1 teaspoon grated lime rind
  - 2 1/2 tablespoons fresh lime juice
  - 2 tablespoons Worcestershire sauce
  - 1 1/2 teaspoons ground cumin
  - 1 teaspoon salt
  - 1/2 teaspoon dried oregano
  - 1/2 teaspoon coarsely ground black pepper
  - 2 garlic cloves, minced
  - 1 (14.25-ounce) can low-salt beef broth
- #### FAJITAS:
- 1 (1-pound) flank steak
  - 1 pound skinned, boned chicken breast
  - 2 red bell peppers, each cut into 12 wedges
  - 2 green bell peppers, each cut into 12

#### wedges

- 1 large Vidalia or other sweet onion, cut into 16 wedges
- Cooking spray
- 16 (6-inch) fat-free flour tortillas
- 1 cup bottled salsa
- 1/4 cup low-fat sour cream
- 1/2 cup chopped fresh cilantro
- Fresh cilantro sprigs

### **Directions:**

1. To prepare marinade, combine first 10 ingredients in a large bowl; set aside.
2. To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak. Combine 1 1/2 cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally. Combine remain-

ing marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.

3. Prepare grill.
4. Remove steak and chicken from bag; discard marinade. Remove vegetables from bag; reserve marinade. Place reserved marinade in a small saucepan; set aside. Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.
5. Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring reserved marinade to a boil. Cut
6. Arrange about 1 ounce steak, about 1 ounce chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tablespoon salsa, about 1 teaspoon sour cream, and 1/2 tablespoon cilantro. Fold sides of tortilla over filling. Garnish with cilantro sprigs, if desired. Serve immediately.

[http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=222256](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=222256)

## **GRILLED TURKEY BREAST WITH BACON, GREEN TOMATO WITH GOAT CHEESE-SAGE MAYONNAISE**

### **Ingredients:**

- 1/2 turkey breast, bone in, about 4 pounds
- Olive oil
- Salt and coarsely ground black pepper
- 12 slices bacon, cut 1/2-inch thick
- 4 ounces soft goat cheese
- 4 ounces prepared mayonnaise
- 1 tablespoon finely chopped fresh sage leaves
- 12 (1-inch) thick slices country white bread, grilled
- 2 green tomatoes, cut into 1/4-inch thick slices



on the grill, skin-side down, and grill until golden brown and a crust has formed, about 4 to 5 minutes. Reduce the heat of the grill to medium, turn the breast over, close the cover of the grill and continue cooking until a meat thermometer inserted into the thickest part of the breast registers 165 degrees F, about 25 to 30 minutes. Remove the breast from the grill and let rest, loosely tented with foil, for 10 minutes. Slice the breast into 1/4-inch thick slices.

2. Lay the bacon, lengthwise, over the grates of the grill and grill for approximately 2 minutes per side or until golden brown and slightly crunchy. Remove to a plate lined with paper towels.

3. Mix together the goat cheese, mayonnaise, and sage in a small bowl. Season with salt and pepper, to taste. Divide the mayonnaise among 4 slices of the bread and top each with 4 slices of turkey, 2 green tomato slices, another slice of bread, 3 slices of bacon, some of the watercress, and top each with the remaining bread

<http://www.foodnetwork.com/recipes/bobby-flay/grilled-turkey->

### **Directions:**

1. Preheat grill to high. Brush entire breast with oil and season well with salt and coarsely ground black pepper. Place the breast

### **Suggestions:**

- You can substitute Red Peppers for Green Peppers in the Fajitas, you could even buy a marinade packet instead of making your own.
- You can substitute Watercress with Spinach leaves.
- The Sage is very strong right now, you might not need as much. You can also dry it, and use it at Thanksgiving on your Turkey. You can do this by using a dehumidifier, or brown paper bag. You can find instructions at <http://www.pickyourown.org/DHsage.htm>.

**Stop by Annie's  
GreenGrocery in Calmar to get tickets to  
Annie's Fall Harvest  
Soup  
Supper!**

### **Just a Little Note**

As we are reaching the end of the growing season the variations of vegetables in the shares will be slowing down. We will continue to do everything we can to have different things each week. You might start seeing larger quantities of vegetables, and less variety. We want to Thank You for your understanding!

Annie's Gardens and Greens

