

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

10/13/2010

Volume 2, Issue 48

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: Sweet Potatoes, Parsnips, Broccoli, Turnips, Butternut Squash, Summer Squash

1/2 Share: Sweet Potatoes, Parsnips, Broccoli, Summer Squash

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.

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Reminders!

- Next CSA delivery will be Oct 20th & Oct 22nd.
- 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.



Butternut Squash Lasagna

Ingredients:

- 2 12-oz. pkg. frozen butternut squash purée, thawed, or 4 cups fresh butternut squash purée
- 1 1/2 tsp. salt
- 1/2 tsp. dried rubbed sage
- 1/2 tsp. ground black pepper
- 15 oz. part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 8 short no-cook lasagna noodles (about 7x4 inches)

Directions:

To make Fresh Butternut Squash Purée:

1. Preheat oven to 400°F. Place 2 whole butternut squash (about 2 lb. each) on baking sheet, and bake, turning occasionally, about 1 hour, or until very tender when pierced with tip of paring knife.



To make Lasagna:

3. Preheat oven to 400°F. Combine squash purée, 1 tsp. salt, sage, and 1/4 tsp. pepper in me-

Let squash cool enough to handle. 2. Halve each squash lengthwise. Scoop out and discard seeds. Scrape flesh into food processor and purée until smooth.

dium bowl; mix well. Combine ricotta, 1/4 cup Parmesan, 1/2 tsp. salt and 1/4 tsp. pepper in second bowl, and mix well. 4. Coat 8x8-inch baking dish with cooking spray. Place 2 noodles in bottom of dish, overlapping slightly. Spread half of squash mixture over noodles. Layer 2 more noodles on top, and spread with half of ricotta mixture. Repeat layers—noodles, squash, noodles, ricotta—then sprinkle with remaining 1/4 cup Parmesan. 5. Cover baking dish with foil. Bake 45 minutes, remove foil, and bake 20 to 25 minutes more, or until golden on top. Let stand 5 to 10 minutes before serving. <http://www.vegetariantimes.com/recipes/9771>

Tex-Mex Summer Squash Casserole

Ingredients

- 2 1/4 pounds summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups)
- 2/3 cup finely chopped yellow onion
- 1 4-ounce can chopped green chiles
- 1 4-1/2-ounce can chopped jalapenos (about 1/2 cup), drained
- 1/2 teaspoon salt, or to taste
- 2 1/4 cups grated extra-sharp Cheddar cheese (about 7 ounces), divided

- 1/4 cup all-purpose flour
- 3/4 cup mild salsa
- 4 scallions, thinly sliced, for garnish
- 1/4 cup finely chopped red onion for garnish

Directions

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine squash, onion, chiles, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in

the prepared baking dish and cover with foil. 3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion. <http://www.foodnetwork.com/recipes/eating-well/tex-mex-summer-squash-casserole-recipe/index.html>

Turkey Sweet Potato Shepherd's Pie and Cran-applesauce Sundaes

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 pounds ground turkey or chopped leftover turkey
- Salt and freshly ground black pepper
- 2 teaspoons poultry seasoning
- 2 1/2 pounds sweet potatoes, peeled and cubed
- 1 onion, cut into 1-inch dice
- 2 carrots, peeled and grated
- 4 ribs celery, chopped
- 4 tablespoons butter, divided
- 2 tablespoons all-purpose flour
- 2 cups turkey or chicken stock (recommended: Kitchen Basics)
- A few dashes Worcestershire sauce
- 1 (10-ounce) box frozen peas
- 1 very ripe banana
- A few dashes hot sauce
- 2 cups sharp shredded yellow

Cheddar

- 1 1/2 cups all natural apple sauce
- 1/2 cup good quality whole berry cranberry sauce (recommended: Ocean Spray)
- 2 pinches ground cinnamon
- 2 teaspoons orange zest
- 2 pints French vanilla ice cream
- Whipped cream
- 1/4 cup chopped toasted pecans, available on baking aisle

Directions:

1. Preheat oven to 425 degrees F.
2. In a deep skillet or a Dutch oven heat 2 tablespoons oil over high heat. Add meat and break up with a wooden spoon, season with salt and pepper and poultry seasoning.



3. Place sweet potatoes in a pot, cover with water, cover pot, bring to a boil, add salt and cook 15 minutes until tender.

4. Add onions, carrots and celery into the turkey. Stir, and cook for 5 minutes. While vegetables are cooking, heat 2 tablespoons butter in a small pot over medium heat. Add flour to melted butter and whisk 1 minute. Whisk in stock and season with salt, pepper and Worcestershire. Cook a few minutes to thicken.
5. Stir peas into meat and turn heat off.
6. Drain potatoes and return pot to heat. Add remaining 2 tablespoons of butter and melt over medium heat. Peel and slice

banana and add potatoes to the pot. Season the potatoes with salt and pepper and a few dashes hot sauce. Mash potatoes and banana to combine, adjust seasoning. Top the meat with the potatoes. Cover potatoes with cheese and place in the oven to melt cheese, about 5 minutes.

7. For dessert, warm the apple and cranberry sauces in microwave or in a small pot over low heat and season with cinnamon and orange zest. Place a little cran-applesauce in the bottom of a sundae dish, top with 2 scoops ice cream, more sauce and whipped cream, garnish with chopped pecans.
<http://www.foodnetwork.com/recipes/rachael-ray/turkey-sweet-potato-shepherds-pie-and-cran-applesauce-sundaes-recipe/index.html>

PARSNIP CRISPS

Ingredients:

- 2 quarts pure peanut oil
- 1 pound parsnips
- Kosher salt
- Freshly ground black pepper

Directions:

1. Heat peanut oil in a 5-quart Dutch oven over high heat to 370 to 375 degrees F.
2. Meanwhile, scrub the parsnips to remove any excess dirt. Lay the parsnip flat on a

cutting board, and using a vegetable peeler, peel off 4 to 5 flat, wide noodle-shaped strips. Rotate the parsnip 90 degrees and repeat. Continue to rotate until you can no longer peel strips. Repeat with the remaining parsnips.

3. Gently add a small handful of parsnips to the oil, stirring gently, until lightly browned and crisp, approximately 1 to 1 1/2 minutes. Remove the crisps from the oil using a spider or slotted spoon; hold over the pot and allow to drain for 30 seconds. Transfer to a

cooling rack set over a half sheet pan and sprinkle with salt and pepper, if desired. After the first batch, the oil temperature may drop. Adjust the heat in order to maintain a minimum temperature of 325 to 350 degrees F. Repeat until all parsnips are cooked. Serve warm or at room temperature. Once completely cooled, store in an airtight container for up to 3 days.

<http://www.foodnetwork.com/recipes/alton-brown/parsnip-crisps-recipe/index.html>

Tugboat Turnips



Ingredients:

- 2 large rutabagas, or turnips
- 6 large carrots
- 1/2 cup butter
- 1/2 cup light brown sugar
- 1 teaspoon salt

Directions:

Peel and chop the rutabagas and carrots. Place in a medium size saucepan, cover with water, and bring to a boil. Gently cook until tender. Drain the rutabagas and

carrots, add the butter and brown sugar. Mash with a potato masher. Adjust the taste with salt and sugar.
<http://www.foodnetwork.com/recipes/paula-deen/tugboat-turnips-recipe/index.html>

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

