

Cure Organic Farm Newsletter

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Brussels Sprouts - love 'em or leave 'em

“Eat your Brussels Sprouts. They're good for you” No silly, not those nasty, grey, mushy canned Brussels sprouts from your childhood. Try out our firm, nutty, sweet Brussels Sprouts-the way nature intended.

Brussels Sprouts are miniature cabbages that grow on stalks reaching 3-4 feet high. They grow best in cooler weather which makes them a special treat for the winter share. While Brussels Sprouts keep best while still attached to the stalk, they sure do take up a lot of room in your refrigerator. For these already harvested sprouts, keep them in your fridge in a plastic bag, making sure that they stay dry to avoid any funk (I'm sure you know what I mean). , so Their flavor is sweetest when enjoyed right after

Harvest so don't wait to long to experiment with these tasty treats.

Unlike most green vegetables, Brussels sprouts are rather high in protein. Although the protein is incomplete—lacking the full spectrum of essential amino acids—a serving of whole grains will make them complete. As a member of the cabbage family Brussels sprouts are a cruciferous vegetable. Current research suggests vegetables in this group offer protection against some forms of cancer. Broccoli, kale, and cauliflower are also in this family. The name Brussels Sprouts stems from the original place of cultivation.

To roast, first boil, until tender place in a roasting pan and roast at 375 until lightly browned, about 15 minutes.

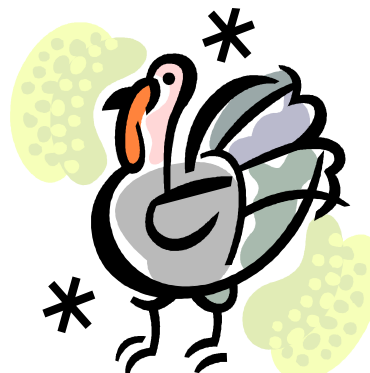
The key to cooking with Brussels Sprouts is to cook them enough-but not too much. To roast Brussels sprouts, first boil them until tender- about 5-10 minutes. Then, drain and coat with olive Brussels Sprouts can also be steamed whole, or sliced thinly to be added to sti-frys.



Thanksgiving Turkey Pick-up

Can you believe that Thanksgiving is only 2 weeks away? Soon we will all be acquiring the ingredient for all of those unique dishes that grace our tables but once a year...at Thanksgiving. For some of us that means the annual preparation of the turkey. Wisdom Farm's turkeys will be available at next week's pick-up.

Haven't ordered a Turkey but want one? Give us a call at the farm by Thursday evening and we'll add you to the order. These free range Turkeys weigh between 15-20 pounds and cost 2.50 per pound.



In your share this

Head Lettuce

Winter Squash

Brussels Sprouts

Radish

Spinach

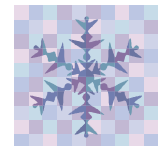
Potatoes

Carrots

Leeks

Apples

Brrr...it is getting cold outside, for us as well as your veggies. Next week we will move the pick up into the greenhouse where it will be warmer, so look for us there!



Coming Next Week

Carrots

Winter Squash

Kale

Potatoes

Apples

And much more!

Recipes

Tortellini (or Ravioli) with Spinach-Walnut Pesto

4 oz. chopped walnuts
Salt and freshly ground black pepper
2 18 or 20 ounce packages of cheese tortellini or ravioli
1 C chicken or vegetable broth
1/2 pound spinach
2 or 3 cloves garlic
2/3 C grated Parmesan cheese
1/4 tsp. ground nutmeg
1/4 C olive oil

Toast walnuts in a small skillet over low heat or in a 300 degree oven. Cook pasta according to package directions and drain. Heat the broth to a boil. In a food processor, grind spinach with nuts, broth, and garlic. Stir in cheese, nutmeg, olive oil, and salt and pepper to taste. Toss the hot pasta with the sauce.

Ecuadorian Quinoa & Vegetable Soup

1/2 C raw quinoa (see note)
2 tbsp. olive oil
2 C chopped onion
2 cloves garlic
1 tsp. salt
1 C diced potatoes
1 C chopped carrots
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. dried oregano
1/2 tsp. ground black pepper
3 C water or vegetable stock
1 1/2 C chopped fresh or undrained canned tomatoes (14 1/2 oz. can)
1 C peeled & chopped winter squash
1 tbsp. fresh lemon juice **
chopped scallions, fresh cilantro, crumbled tortilla chips and/or grated Cheddar or Monterey Jack cheese (optional, for garnish)

Thoroughly rinse quinoa in a fine-mesh strainer under cold water. Set aside to drain. Warm oil in a non-reactive soup pot, add onions, garlic and salt, cover and cook on medium heat about 5 minutes, stirring occasionally. Add the quinoa, potatoes, carrots, squash, spices, water or stock, and tomatoes. Cover and bring to a boil; reduce heat and simmer gently for 10 minutes. Simmer 15 - 20 minutes, or until all veggies are tender. Stir in lemon juice. If desired, serve with a sprinkling of scallions, cilantro, tortilla chips and/or grated cheese.

Note: Quinoa is an ancient Incan grain (that looks like tiny, pin-head sized beads) with a mild, nutty flavor and crunchy texture. It is available in many health/organic food stores such as Whole Foods (in the bulk bins section).

Baked Squash with Greens, Leeks and Apple

butter or oil for greasing the pan
3 acorn squash [you can easily substitute other winter squash like Sweet Dumpling or Delicata]
1/2 C grated Parmesan cheese, divided
salt and pepper
Olive oil
1 large leek, chopped (about 2 C) [if you don't have a leek, use an onion]
4 C coarsely chopped kale or spinach
1 C vegetable or chicken stock
1/2 red bell pepper, cored, seeded and diced [dice up a farm sweet pepper]
2 cloves garlic, minced
1 tbsp. butter

1 or 2 apple, firm-ripe, peeled, halved, cored, and cut into 1/2-inch pieces (about 1 C)

Preheat oven to 375 degrees F. Cut each squash in half, scoop out seeds. Place squash cut-side down on a greased baking sheet and bake until tender, 30 to 45 minutes. Turn squash halves over and sprinkle with 1/4 C of the Parmesan cheese, plus salt and pepper. Bake for an additional 5 minutes.

Heat oil in a large skillet over medium-high heat. Add the leeks; sauté until soft, about 5 minutes. Add the kale, stock, sweet pepper, garlic, and

a little salt and pepper, bring to a boil, cover, and cook for 5 minutes. Remove cover, increase heat and cook, stirring often, until kale or spinach is tender and liquid evaporates, about 8 to 10 minutes. Transfer to a bowl and set aside.

Melt the butter in the skillet over medium-high heat and add the pear; sauté until lightly browned and tender but not mushy, 2 to 3 minutes. Add the apple to the greens mixture and stir well. Spoon the greens and pear filling into the squash halves, top with the remaining 1/4 C of Parmesan cheese and bake for 10 minutes.

Words to Live By

"Magic is the constant companion of living and learning."

- from Steve van Matre (Earth Education)

