



Thursday October 15
Week Twenty

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

REMINDER

Please take a couple minutes to fill out our online CSA survey by this **Saturday**. Your feedback helps us continue to improve the CSA to meet your needs.

BOXES

If possible, we would appreciate getting CSA boxes back from you after the last week--we use a lot of boxes for various things! You can drop them by our office or at our booth at the Sunday Old Cheney Road Farmers' Market.

THANK YOU...

...for being a part of the CROPS CSA this year. Your participation has had multiple impacts. You supported food that did not damage our planet's precious soil, water and air resources. You contributed to a stronger local economy. You supported beginning, small-scale and ethnically diverse farmers, a valuable entrepreneurial asset to our community. You supported a non-profit organization which provides garden spaces to the community, educational opportunities, donates produce to low-income families. And you ate lots of veggies!

RECIPES...

Steamed Brussels Sprouts with Leeks

- 1/2 lb. Brussels sprouts, ends trimmed and halved lengthwise
- 1 tsp. unsalted butter
- 1 medium leek, white and pale green part only, washed and cut into 1/4 inch slices

Place Brussels sprouts in a steamer basket over boiling water. Cover saucepan and steam 5-6 minutes or until tender. Drain Brussels sprouts and place under cold running water. Drain thoroughly. Melt butter in a heavy nonstick skillet over medium heat. Sauté leeks 5 minutes or until softened. Add Brussels sprouts and saute another 5 minutes. Season with salt and pepper to taste.

Sucrine du Berry Squash with Smoked Salmon

2 potatoes	20 cl of milk
600 G of sucrine du Berry gourd flesh	25 cl of fresh cream
200 G of smoked salmon	½ tea spoon of nutmeg
3 eggs	salt, pepper
50 g of butter	

This Week's Offerings

Spaghetti Squash
 Sucrine du Berry
 Squash
 Potatoes
 Spring Onions
 Swiss Card
 Radishes
 Carrots
 Brussels Sprouts-extras
 Tomatoes-extras
 Snow Peas-extras

Veggie Lovers Only

Fennel
 Poblano Peppers

Peel potatoes and gourd, cut in large cubes, then cook in boiling salted water for approx. 20 mins. Cut salmon into thin strips. When the potatoes and the gourd are cooked, put them through a sieve or blender, add milk, egg yolks, cream, salmon, butter, nutmeg, salt and pepper. Preheat the oven to 200° C, and butter a gratin dish. Beat the 3 egg whites into a peak, fold into the prepared mixture, then put into the dish and cook for 20 mins.



SUCRINE DU BERRY (with carrot juice) SOUP

Sucrine du Berry is an ancient variety of winter squash originating from the heart of France. It is related to the Butternut squash, but has a much richer color and flavor. It can be grown just like any squash and stores well. The soup retains the wonderful color.

1-2 tbsp oil for frying (Grapeseed or Colza)
1 large onion (finely chopped)
2 cloves garlic (finely chopped)
1 tsp Herbs de Provence

1 Fresh red chili (finely chopped, optional)
500gms (roughly half a Sucrine du Berry) skinned and chopped roughly
500ml carrot juice
500ml vegetable stock

Gently fry the onions, stirring frequently, until tender (do not brown). Add the garlic and chili and fry gently for a minute or two. Add the herbs and Sucrine and fry for about 5 minutes, until it looks a little soft around the edges. Add the carrot juice and stock and simmer for about half an hour (or until the Sucrine is soft).

Allow to cool before liquidizing. You can pass this through a sieve if you like, but it is not necessary.

It can be kept in a fridge for a few days, frozen or reheated and served straight away. Try swirling in some cream or crème fraiche when serving. Source: www.central-france.com

Curried Squash Soup

This recipe comes courtesy of the [Cook's Garden](#) company. They recommend using Tromboncino, a summer squash variety, but pretty much any summer or winter squash variety can serve as a canvas for curry flavor. If using summer squash, it can be used raw, but we recommend baking a winter squash in the oven (about 30 mins) before adding it to the soup.

2 tablespoons butter
1 chopped onion
2 finely minced garlic cloves
1-Tablespoon curry powder
1-teaspoon ground ginger

1/2 teaspoon ground turmeric
4 cups sliced squash
4 small red skinned potatoes
1/2 cup unsweetened coconut milk
Salt and freshly ground black pepper

Heat 2 tablespoons butter in a large pot over medium heat and saute 1 chopped onion with 2 finely minced garlic cloves, until softened. Stir in curry powder, ground ginger and ground turmeric and stir until fragrant. Add 4 cups sliced Tromboncino squash and 4 small red skinned potatoes, cut into cubes. Cook until slightly softened, then add 6 cups water, reduce the heat, cover and simmer until the vegetables are soft, about 30 minutes. Puree in a blender, along with 1/2 cup unsweetened coconut milk. Season with salt and freshly ground black pepper. Source: http://www.kitchengardeners.org/cooking_and_recipes/

Next Week...Come shop at our Old Cheney Market stand, 10am-2pm on Sundays, 56th and Old Cheney Road. This market is open through NOVEMBER 1st!