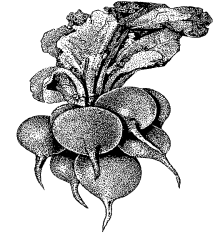




Lettuce Connect

East Farms CSA Newsletter



October 30, 2003

Vegetable History

"A world without tomatoes is like a string quartet without violins...In this world of uncertainty and woe, one thing remains unchanged: Fresh, canned, pureed, dried, salted, sliced, and served with sugar and cream or pressed into juice, the tomato is reliable, friendly, and delicious. We would be nothing without it."

From Laurie Colwin, "Tomatoes,"
Gourmet, August 1992

Food For Thought

Well it is the end of the season and I hope everyone has enjoyed their vegetables as much as I have. I look forward to communicating with you all next year. I also hope that this newsletter has been helpful and enjoyable.

Thanks for helping sustain our local farmer.

Cooking Tips

Don't be afraid to try new foods and experiment with new recipes. You just might surprise yourself and your family. This year in your box you may have

received vegetables that you were afraid to try or didn't know what to do with. Kudos to those that branched out and tried new things.

Featured Recipes

Butternut Squash Soup

1 orange
3 thin slices peeled fresh ginger
2 tsp coriander seeds
10 whole black peppercorns
2 tbsp unsalted butter
1 Spanish onion, cut into ½ inch pieces
Pinch of cayenne pepper
6 cups low sodium chicken broth
1 sweet potato, peeled and cut into 1" cubes
2 small (about 1 3/4 pound each) butternut squash, peeled, halved and seeded, and flesh cut into 1" pieces

Orange Spiced Cashews, for garnish

Using a vegetable peeler, remove zest from orange in long strips; reserve flesh for another use. Make a bouquet garni by wrapping zest, ginger, coriander, and peppercorns in a piece of cheesecloth; tie kitchen twine around top of bundle.

In a medium stockpot, melt butter over medium heat. Add onion and cayenne; cook, stirring occasionally, until onion is soft and starts to brown, 4 to 5 minutes. Add bouquet garni; cook 2 minutes more. Add stock; bring to a boil.

Add sweet potato and squash to pot; return to a gentle simmer, and partially cover. Cook until vegetables are just beginning to fall apart, about 25 minutes. Remove from heat, and let cool slightly.

In a blender, puree soup in batches, being careful not to fill more than halfway. Pour soup into a clean pot; cook over medium heat until just heated through. Serve garnished with nuts, if desired.

Orange Spiced Cashews

2 ½ cups whole cashews
1/4 cup light corn syrup
½ tsp coarse salt
1 ½ tsp finely grated orange zest
¾ tsp ground ginger
½ tsp ground coriander
½ tsp ground cumin
Pinch of cayenne pepper

Preheat oven to 350 degrees. Line two baking sheets with parchment paper; set aside. In a medium bowl, mix cashews with corn syrup until evenly coated. Set aside.

In a small bowl, combine salt, zest, ginger, coriander, cumin, and cayenne. Sprinkle mixture over nuts, and stir until nuts are evenly coated. Transfer to one of the prepared baking sheets; spread in a single layer, separating nuts.

Bake until the nuts are golden and the syrup is bubbling, about 15 minutes.

Martha Stewart Living, October 2003

Making Contact

If you have any questions, concerns or comments, please contact Jeff Williams at (801) 263-3204 ext. 104.