

Glazed Turnips and Carrots,

from Gourmet Magazine, 1994

1 pound turnips
3/4 pound carrots
1 1/2 tablespoons unsalted butter
1/2 teaspoon sugar

Trim turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired, cutting into 1-inch pieces. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.

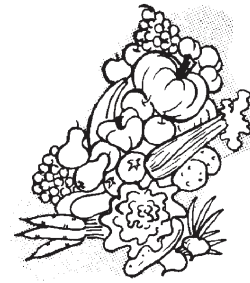
In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 5 minutes.

Gingered Carrot Soup

2 tablespoons vegetable oil
1/2 cup minced onion
1/4 cup minced peeled fresh ginger
3 cups vegetable broth
4 cups sliced peeled carrots (about 1 1/2 pounds)
1/2 cup orange juice
1 can coconut milk

Heat oil in heavy large saucepan over medium-high heat. Add onion and 1/4 cup minced ginger and sauté until onion is translucent, about 5 minutes. Add 3 cups vegetable stock, can of coconut milk, and 4 cups sliced carrots. Cover and simmer until carrots are tender, about 30 minutes.

Working in batches, puree mixture in blender or processor. Return soup to saucepan. Mix in orange juice. Cook over low heat 5 minutes. Mix in ground cinnamon. Season soup to taste with salt and pepper. Enjoy!



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September 19, 2009
CSA Newsletter #14!

In the box this week:

1. Turnips
2. Broccoli
3. Carrots
4. Green beans
5. Zucchini/summer squash
6. Chard
7. Garlic
8. Onion
9. Green pepper
10. Basil
11. Salad mix or lettuce and parsley

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Meet the Community: Natalie Palms

Meet Natalie, our outgoing and gregarious neighbor, friend and helper on the farm. Natalie grew up in nearby Manchester, and many happy coincidences led her to Frog Holler – this summer she’s helped us snip salad, weed carrots and more! A recent graduate of Loyola University in New Orleans, Natalie now holds numerous jobs in the Big Easy, including positions as a church organ player and a friendly gelato maker. A talented singer, songwriter and musician, Natalie performs folk music around New Orleans and will be singing top harmony with the Billy King band this weekend. Her album “Waiting on You” will be available in November.



Natalie’s favorite things about the farm include the raspberry bushes - “the perfect midday snack” - and finding huge frogs in the garden. Her usual evening meal is a variable veggie stir-fry – this week’s includes lots of broccoli!

Natalie’s Broccoli Stir-fry

- 1 Tbsp sesame seeds
- 1/2 cup vegetable stock
- 1 Tbsp soy sauce
- 1 Tbsp dark sesame oil
- canola oil
- 1 pound broccoli florets, rinsed, patted dry, cut into bite-sized pieces
- 2 cloves of garlic, minced
- 1 Tbsp minced fresh ginger

1. Toast the sesame seeds by first heating a small, stick-free sauté pan on medium heat. Add the sesame seeds and jiggle the pan so they spread out in a single layer. Let them cook until lightly browned, stirring occasionally, about 3-5 minutes. Once lightly toasted remove from heat and put into a small bowl, set aside.
2. Mix the stock, soy sauce, and dark sesame oil together in a small bowl, set aside.
3. Heat the oil in a large, covered sauté pan on medium high heat. Add the broccoli florets, and sauté for about a minute. Clear a space in the middle of the broccoli and add the ginger and garlic. Add a little more oil to the ginger and garlic - about a teaspoon - and sauté for half a minute, stirring just the garlic and ginger, until fragrant. Then stir the garlic and ginger in with the broccoli.
4. Add the vegetable stock to the pan. Bring to a simmer, reduce the heat and cover. Let cook for 2-3 minutes, until broccoli is still firm, but can be pierced with a fork. Remove from heat. Remove broccoli with a slotted spoon to a bowl. Return pan to heat, increase heat to high and boil down the liquid until just a couple tablespoons remain. Turn off heat, return broccoli to the pan, add the toasted sesame seeds, toss with the liquid. Put into a serving bowl and serve with rice.

In the Box: Turnips

Frog Holler farm wisdom dictates that on the 25th of July, plant your turnips, wet or dry - and this week, you get to enjoy the harvest! Both the root and the greens of the turnip are edible and delicious. You can slice the root and add it to your salad mix, or dip into some tasty homemade hummus. A simple saute of the greens, with some lemon juice, soy sauce and cayenne pepper - served along rice and beans - is tribute to traditional cooking of the American South. Turnip greens are high in vitamin A, vitamin C, vitamin E, vitamin B6 and folate. They are also an excellent source of the minerals calcium, copper and manganese. So eat your greens!

Turnip Humor

from Mrs. Wilke’s Bordinghouse Cookbook

Q. How do you spot a Yankee at Mrs. Wilkes?

A. He motions toward the turnip greens and says, “Please pass the spinach.”

Notes From the Field

Interns Angie, Elisabeth and Christina were lucky enough to visit Mill Pond Bakery, our neighbors at the market, at their facility in Chelsea this week. It was quite the field trip! We got to hang out, ask questions about baking bread, and try our hand at cutting and shaping some delicious loaves. The crew at Mill Pond was very welcoming, and even showed us how to twist their amazing pretzels. Next time you’re at the stall, consider stopping by next door and trying an olive twist, or a blueberry scone!