



KEEWAYDIN NEWS

Summer Sunset, Potato love, Tomatoes are here

August 10 / Week 11

What's in the Box

Lettuce

Cucumber

Red Onion

Patty Pan Squash

Tomato

Green Pepper

Swiss Chard

Leeks

Carrots

Basil

Fennel

Serrano Peppers

Watermelon

Skillet Gnocchi with Swiss Chard

INGREDIENTS

- 1 tablespoon extra-virgin olive oil, plus
- 1 teaspoon extra-virgin olive oil
- 1 (16 ounce) package shelf-stable gnocchi (can be found at your local food co-op)
- 1 medium yellow onion, thinly sliced
- 4 garlic cloves, minced
- 1/2 cup water
- 6 cups chopped chard leaves (about 1 small bunch) or baby spinach leaves
- 1 (15 ounce) can tomatoes seasoned with basil garlic & oregano
- 1 (15 ounce) can white beans (I used cannellini or white kidney beans)
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon kosher sea salt
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup finely shredded parmesan cheese

OPTIONAL

- 1/2 teaspoon dried oregano, dried basil or dried Italian seasoning

DIRECTIONS

- 1.Heat 1 tablespoon oil in a large non-stick skillet over medium heat.
- 2.Add gnocchi and cook, stirring often, until gnocchi are plumped and starting to brown, about 5 to 7 minutes. Transfer to a bowl.
- 3.Add the remaining 1 teaspoon oil and

onion to the pan and cook, stirring over medium heat for 1-2 minutes.

4.Stir in garlic and water. Cover and cook until the onion is soft, 2 to 4 minutes.

5.Add chard (or spinach) and cook, stirring until the leaves start to wilt, about 1-2 minutes.

6.Stir in tomatoes, beans, salt and pepper and bring to a simmer. Add optional seasoning if using.

7.Stir in the gnocchi and sprinkle with mozzarella and Parmesan cheeses.

8.Cover and cook until the cheese is melted and bubbling, about 3 minutes.

9.Serve with a green side salad.

Who's your farmer

Hello folks! My name is Matt Schoch. Before I tell you a little about myself I would like to first say thank you. With your support of local organic produce I am able to do something that I'm very passionate about, farming.

My desire to learn about growing food began in college where I took a course entitled alternatives to agriculture. Post graduation I worked as a wilderness guide for various adventure and therapeutic programs in Oregon, Utah, and Alaska. Although I love being outdoors, I longed to live sustainably and sleep in one place for a while. So after volunteering with a couple on their farm in Klamath Falls Or, I decided to try and make farming my career. It has it's struggles, however, I continue to want to learn more and truly enjoy working with Star, Rufus, and the rest of the crew. It is here that my partner and I explore the opportunity to put down roots and plant a few seeds. Thanks again and hope to meet more of you soon!
Your Farmer Matt

Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvases.—Elizabeth Murray

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Carrot and Fennel

INGREDIENTS

1 teaspoon olive oil
3 carrots, shredded
1 fennel bulb, trimmed and diced
1/2 teaspoon ground coriander
1/4 teaspoon fennel seeds
1/3 cup heavy cream

DIRECTIONS

Heat the olive oil in a skillet over medium heat. Stir in the carrots and fennel, and season with coriander and fennel seeds. Cook until lightly browned. Mix in the heavy cream, and reduce heat to low. Simmer about 5 minutes until the cream has been absorbed into the carrots and fennel. Serve hot.

Potato Leek Soup

Ingredients

3 large leeks, cut lengthwise, separate, clean. Use only the white and pale green parts, chop.
2 Tbsp butter
2 cups water
2 cups chicken broth (or vegetable broth for vegetarian option)*
2 lbs potatoes, peeled, diced into 1/2 inch pieces
Marjoram - dash
1/4 cup chopped fresh parsley
2 teaspoons chopped fresh thyme, or 1/2 teaspoon dried thyme
Tabasco sauce or other red chili sauce
Salt & Pepper

Method

1. Cook leeks in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste.
2. Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add marjoram, parsley, and thyme. Add a few dashes of chili sauce to taste. Add some freshly ground pepper, 1-2 teaspoons salt or more to taste.

Serves 4-6.

Stuffed Patty Pan Squash

2 medium-sized patty pan squash
1/2 small onion, chopped fine
1 stalk celery, chopped fine
1/2 bell pepper, chopped fine
2 cloves minced garlic
1 tsp. thyme
1/8 tsp. cayenne (to taste)
1/8 tsp. black pepper
1/2 tsp. oregano
1 tsp. basil
1/4 tsp. fennel seed
1/4 tsp. rubbed sage
1/2 tsp. salt (optional)
1 can (15 ounces) great northern beans (or other white beans), rinsed and drained

Place the squash flat side down in a large pot. Add about 1 inch of water, cover, and bring to a boil. Cook for about 8 minutes, until a fork easily pierces the top of the squash. Remove from the pot and set aside to cool.

When cool enough to handle, slice off the top of the squash and use a melon baller to scoop out the flesh from the inside. Be sure to leave a wall of at least 1/4-inch of flesh on all sides of the squash. Turn them upside down to drain, and dice the scooped out flesh coarsely.

Preheat the oven to 375 F.

Sauté the onions, celery and bell pepper in a large, non-stick skillet for about 5 minutes until soft; add garlic, diced squash, and remaining seasonings and cook for another 2 minutes. Add the white beans and cook on low heat for about 5 minutes.

Place the squash in an 8x8-inch baking pan. Spoon the stuffing into each shell; be sure to really pack it into the shell, and don't be afraid to over-stuff them. Pile any stuffing that remains into the center of the baking pan, right between the squash.

Bake for about 20 minutes or until the tops begin to brown. Serve with additional stuffing.

