



KEEWAYDIN NEWS

Bunched Carrots, Hot Wax Pepper, Italian Sweet Pepper, Radish Bunches

September 28 / Week 18

What's in the Box

Carrots

Potatoes

Red Bell Peppers

Specialty Sweet Peppers—red

Italian Sweet Pepper—yellow

Hot Wax Pepper—mild, small, and yellow

Onion

Delicata Squash

Tomatoes

Tomatillos

Radishes

Basil and Thyme

Pie Pumpkin (don't forget to grab one it's in a separate box)

Carrot and Radish Salad

1 bunch of small carrots

4 radishes

1 small handful of chopped fresh flat leaf parsley

really good olive oil

apple cider vinegar

finely ground sea salt

freshly ground black pepper

1/2 teaspoon of butter

a pinch of sugar

Gently scrub the carrots to remove any dirt. There is no need to peel these smallish carrots. Cut them into slices, across the carrot, on a bias, about 1/4" thick.

Cut the radishes really thinly into slices.

Put the carrots in a large saute pan. Put enough cold water into the pan to almost cover the carrots. Add the butter to this, and the pinch of sugar. Put a lid on the pan, and get it boiling over a high heat. Once boiling, remove the lid. Let this boil until the liquid has reduced right down, and the carrots are almost cooked through. The aim of this is to judge things perfectly. You have it spot on when the carrots are just about cooked through, and the liquid in the pan has been reduced

right down to just a glaze on the carrots. If you find you have too much liquid in the pan, tip some of it out as it is cooking. The pan dries out before the carrots are cooked? Add a little more water. It might take a couple of goes to get the perfect glaze, but it is really worth it.

Let the carrots cool a little in the pan. When cooled, toss them in a bowl with the radish slices. Toss in the parsley, and a generous serving of salt and freshly ground black pepper. Add a good glug of olive oil, and a splash of the cider vinegar.

I am not giving you exact measurements. In this case you just cannot. The amount of oil depends on how much carrots and radishes you have. The amount of vinegar depends on this too, and how sharp your vinegar is. My suggestion is to add a little vinegar to start, and give it a taste. If you cannot taste the sharpness from the vinegar, then add a wee bit more. You can always add more, but you can never take it out if you add too much!

Finally toss in the parsley, and mix up. I like to let it sit for a few minutes before eating, just to let all the flavors get friendly.

This goes great with some grilled seafood, and bread

We still have winter shares available! Signup forms on our website www.keewaydinfarms.com



Contents of a Winter Share box from last year.

Pumpkin Cookies

COOKIES

1 medium egg.
2 cups of flour.
1 cup of butter.
1 cup of sugar.
1 cup of pumpkin.
1 teaspoon of baking powder.
1 teaspoon of soda.
1 teaspoon of cinnamon.
1 teaspoon of vanilla.
1/2 teaspoon of salt.

ICING

1 cup of powdered sugar.
1/2 cup of brown sugar.
4 tablespoons of milk.
3 tablespoons of butter.
3/4 teaspoon of vanilla.

Preparation Instructions:

COOKIES

Cream the sugar and the butter.
Add the pumpkin and the egg.
Add the dry ingredients.
Bake at 350F for about ten minutes.

ICING

Combine the butter, the milk and the brown sugar.
Boil for three minutes minutes.
Allow to cool.
Stir in the sugar and the vanilla.
Apply icing to the cookies.

[Back to the Pumpkin Recipes](#)

How to Freeze Pumpkin

Freezing is the easiest way to preserve extra pumpkin, and it yields the best quality product. An added advantage—you can freeze pumpkin puree in the amounts needed for your favorite recipes.

Wash, cut into cooking-size sections and remove seeds. Cook until soft in boiling water, in steam, in a pressure cooker or in an oven. Remove pulp from rind and mash. To cool, place pan containing pumpkin in cold water and stir occasionally. Package, leaving 1/2-inch headspace. Seal and freeze.

Tomatillo Guacamole

8 ripe tomatillos
2 cloves garlic
1/4 cup red onion, chopped in large, rough pieces
1 jalapeno pepper, seeded and halved
1 avocado, peeled and quartered
1 small bunch cilantro (about 1/4 cup)
Juice of 1/2 fresh lime
Salt and fresh ground black pepper to taste

Directions: Set oven to broil. Remove the papery husks from tomatillos and rinse. Line a baking

sheet with foil and place tomatillos on sheet. Broil on top rack for 8-10 minutes, removing when tomatillos look slightly charred and blistered. Let cool.

Combine garlic, onions, and pepper in a food processor and mix until minced. Add rest of ingredients to food processor and pulse a few seconds at a time until pureed. Chill before serving.

Tip: If you'd like a chunkier texture, or if you don't have a food processor, you can mash your avocado by hand, mince the other ingredients as finely as possible, and combine.

The last delivery will be October 13th for Minneapolis Members and October 14th for Madison members. Only a few boxes left. Remember, your site hosts contact info is on the CSA Calendar. In case you need to contact them. I want to thank all the site hosts. We appreciate you sharing your space!