



KEEWAYDIN NEWS

Wild Apples, Fall Display, Lakota Squash

October 5th / Week 19

What's in the Box

Arugula

Spinach

Radishes

Onion

Potatoes

*Variety of Sweet Bell
and Specialty Peppers
including
Chocolate, Purple,
Red, and Yellow's*

Serrano Hot Pepper

Dill

Parsley

Wild Apples

*Lakota Squash (In a
separate box)*

The Ugly Apple

Another year has come around and things are quieting down out here in the boon docks. No local food season is complete without some wild apples. Don't get me wrong they are as ugly as they come and I know what those who don't read the newsletter will be saying "what the heck are these things?" But lets look beyond the skin, for me apple season is the best because we get to roam from tree to tree tasting the many different varieties. The two we settled on this season have a strong juicy flavor, just peel off the skin and enjoy.

The truth is it is difficult to grow a blemish free apple in Wisconsin. It can and is being done but mostly non organically. Because of our relatively humid weather and high pest load apples require a mix of chemicals to control issues. With wild apples they are left to their own device and many thrive with bumper crops of apples ready for the picking.

Usually we will take our wild apples and crush them into a cider which we drink through the winter, or bake them in a pie. Whatever you do just give them a try. —Rufus

Lakota Squash—Heirloom seed. A unique variety, once cherished by the Lakota Sioux, and distinctly shaped like an overgrown pear. Features a deep orange flesh with dark green blotches and grows between 3-7 lbs. the fine grained orange flesh has a mild sweet and nutty flavor.

Arugula — is a spicy little leaf, which some describe as bitter and others characterize as having a "peppery-mustardy" flavor. Because it is so potent on its own, it is often mixed with milder greens to produce a nice balanced salad. It can also be sautéed in olive oil. In Italy, arugula is often used in pizzas, added just before the baking period ends or immediately afterwards, so that it won't wilt in the heat.

Serrano Peppers — How to dry: Thread stems with heavy string placing hot peppers close together and making the strand as long as you wish. Hang in dry area with the air circulating freely around the strand. Takes several weeks. When using fresh or dried hot peppers, wear gloves to protect your hands because the oils in the peppers can cause severe burns. Don't touch your face or eyes. If peppers do come in contact with your bare hands, wash thoroughly with soapy water. If burning persists, soak hands in a bowl of milk.

* Remedies for eating a pepper that is too hot for you:
Drink milk, rinsing the mouth with it while swallowing, ice cream or yogurt. Eat rice or bread which will absorb the capsaicin. Drink tomato juice or eat a fresh lime or lemon * Do not drink water - it will distribute the oil to more parts of the mouth.

Reminder:

Only One Box Left

Apple Dumplings

INGREDIENTS

1 (17.5 ounce) package frozen puff pastry, thawed or your favorite pie crust

1 cup white sugar

3/8 cup dry bread crumbs

3 tablespoons ground cinnamon

1 pinch ground nutmeg

1 egg, beaten

4 Tart apples - peeled, cored and halved

1 cup confectioners' sugar

1 teaspoon vanilla extract

3 tablespoons milk

DIRECTIONS

Preheat oven to 425 degrees F. Lightly grease a baking sheet.

Roll out each sheet of pastry to measure 12x12 inches. Cut into quarters, to make 8 - 6 inch squares.

In a small bowl, combine sugar, bread crumbs, cinnamon and nutmeg. Brush a pastry square with beaten egg. Place 1 tablespoon bread crumb mixture in center. Place one apple half, core side down, over bread crumbs. Top with another tablespoon of mixture. Pull up four corners of pastry and pinch sides together to seal seams completely. Repeat with remaining apples.

Brush each dumpling with beaten egg. Place in preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C) and continue baking 25 minutes more, until lightly browned. Let cool completely at room temperature. To make icing, combine confectioners' sugar and vanilla and enough milk to make a drizzling consistency. Drizzle over cooled dumplings. Serve the same day.

New ways to toast any kind of winter squash seeds

Sweet & Spicy Pumpkin Seeds

1 egg white

1/4 cup natural cane sugar

1/2 teaspoon cayenne pepper

scant 1/2 teaspoon fine grained sea salt

1 cup fresh pumpkin seeds

Preheat oven to 375. In a medium-sized bowl whisk together the egg white, sugar, cayenne and salt. Add the pumpkin seeds and toss well. Drain off any excess egg white (using a strainer) and place seeds in a single layer across a baking sheet. Bake for about 12 minutes or until seeds are golden. Sprinkle with a bit more sugar and cayenne pepper when they come out of the oven. Taste and season with more salt if needed. Makes one cup.

Curried Pumpkin Seeds

1 egg white

2 teaspoon curry powder

scant 1/2 teaspoon fine grained sea salt

1 cup fresh pumpkin seeds

Preheat oven to 375.

In a medium-sized bowl whisk together the egg white, curry powder and salt. Add the pumpkin seeds and toss well. Drain off any excess egg white (using a strainer) and place seeds in a single layer across a baking sheet. Bake for about 12 minutes or until seeds are golden. Sprinkle with a bit more curry powder when they come out of the oven. Taste and season with more salt if

Vegetarian Stuffed Peppers

4 peppers

1 tbsp. olive oil

1 sm. onion, chopped

1 clove garlic, minced

1 tsp. oregano

1 tsp. basil

2 carrots, julienned

1 c. peas, fresh or frozen

1 tomato, diced

1/2 c. finely chopped walnuts

1 1/2 c. cooked brown or white rice

2 to 3 c. tomato sauce (your favorite bottled or homemade)

Preheat oven to 350 degrees. Wash and clean peppers. Cut off tops and remove seeds and membrane. Place prepared peppers on steamer rack in wok or Dutch oven and steam 3 to 4 minutes.

Meanwhile, heat oil in wok or large skillet, add onion and garlic. Sauté 1 minute. Add herbs, carrots and peas. Continue to cook 3 to 5 minutes or until carrots are tender, stirring constantly. Reduce heat and add the tomato, walnuts, brown rice and 1/2

cup tomato sauce. Heat through.

Stuff mixture into peppers. Spread 1/2 cup sauce in bottom of baking dish. Stand peppers upright. Pour remaining sauce over the tops of peppers. Bake in oven for 30 minutes.

There are many ways to play with this recipe. Change it based on what you have at hand.

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

Early Bird Special

www.keewaydinfarms.com

Sautéed Arugula

olive oil

2 Tbsp pine nuts

1 lb arugula

1/4 tsp salt

2 tsp honey

Place a large non-stick pan over medium heat. Coat lightly with olive oil. Add the pine nuts and cook, stirring frequently, until the nuts begin to turn light brown. When the pine nuts have browned, add the arugula and cook, tossing frequently. As the arugula begins to wilt add the honey and salt. Toss and serve.