



## Down on the Farm Notes: October 13<sup>th</sup> & 15<sup>th</sup>, 2009

Hi everyone,

This is the final week for the Full Summer Basket. This is the final week to sign up for the Grateful Autumn Basket, too.

The first Grateful Autumn Basket will be available to pick up on Tuesday, October 20<sup>th</sup>. Grateful Autumn Baskets are picked up on Tuesdays only.

**Here's what you will find in the basket this week:**

- \*Sweet red onions
- \*Butternut squash
- \*New England Pie Pumpkin
- \*Tomatoes - nearing end of season - whatever we have
- \*Decorative gourd selection
- \*Red Potatoes
- \*Fresh pumpkin bread
- \*Decorative corn

Last week you had fresh popcorn in your basket. It isn't ready to pop yet, so use it for decorations for now. After Thanksgiving, you can pop it in the microwave in a paper bag, or remove the kernels and pop as you would any other popping corn.

**Did you know?**

(from the University of Illinois Extension)

"References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was nasalized by the French into "pompon." The English changed "pompon" to "Pumpion." Shakespeare referred to the "pumpion" in his *Merry Wives of Windsor*. American colonists changed "pumpion" into pumpkin." The "pumpkin" is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes."

Please remember to return all your boxes. Thank you all for a wonderful Full Summer season!

Tina

## Recipes

### Potato, Onion, and Roquefort Soup

Melt 3 tbl. butter in a large saucepan. Add 1-2 c. chopped onion. Cook until limp and brown. Add 1 tsp. minced garlic.

Add 3 potatoes that have been cut into 1" chunks. Stir well until coated with butter. Cook for about 5 minutes. Add 2 c. of chicken or veggie stock. Simmer until potatoes are tender. Remove from heat and cool.

Add 1 c. half and half. Gently reheat the soup—don't boil. Stir in ½ c. Roquefort cheese. You may transfer soup to a blender and blend until smooth or leave chunky—whatever you prefer. Garnish with cheese and salt and pepper.

### Fresh Pumpkin Pie

~A Smith family favorite~

2c. pumpkin puree  
3/4c. brown sugar  
2 tsp. cinnamon  
3/4tsp. ginger  
1/4 tsp. salt  
1/8tsp. nutmeg  
1/8 tsp. cloves  
4 eggs  
1 1/2c. cream  
1 tsp. vanilla

Combine all ingredients. Mix well. Pour into a pie shell. Bake at 350 until a knife comes clean.

This recipe makes 2 pies with a little leftover. We always take the leftovers and pour into just a small baking dish. Bake without crust and eat with cream, ice cream or as custard for breakfast. In fact, if you are not a fan of pie crust, just pour the pumpkin filling into a greased 9x13 baking dish and bake as a custard. We have done this many times for breakfast.

### Toasty Pumpkin/Winter Squash Waffles

1c. flour  
1 tbl. brown sugar  
1 tsp. baking powder  
1/4 tsp. salt  
1 egg, beaten  
1 1/4c. milk  
2/3c. pumpkin or winter squash puree  
4 1/2 tsp. melted butter  
1/3c. chopped toasted pecans

In a large bowl, combine the flour, brown sugar, baking powder and salt

Whisk the egg, milk, pumpkin and butter; stir into dry ingredients until blended.

Fold in pecans. Bake in a preheated waffle iron.