



Down on the Farm Notes: December 1st, 2009

Hi everyone,

I hope you all had a wonderful Thanksgiving holiday. I hope all the experiences in the kitchen were good ones—or at least ones you can laugh at now—and I hope you had a good time of visiting, sharing, and eating.

So you were thinking since Thanksgiving was over, you maybe wouldn't receive any more pumpkins. Wrong!! As the cold winter nights arrive (last night was in single digits with the snow on the ground...brrr...), I am welcoming comfort food like potato, pumpkin and winter squash soup. It is nice to have a hot cup of soup in your hand for lunch or for dinner. Sooooo, we are giving you one more pumpkin and also more recipes.

Pumpkin is the in thing this season. Every magazine you pick up has recipes in it which I think is wonderful, so I am sharing those with you. Enjoy! Remember, you can cook up the pumpkin right now and freeze for later. That is the best way to deal with these pumpkins.

Here is what you'll find in the Basket:

- * Beets or kohlrabi or turnips (You will receive one of these)
- * 3 lbs. of Modoc potatoes
- * Banana Squash
- * Pumpkin (Illumina if white, Jarhdale (pale green), Queensland Blue (blue grey), New England Sugar
- * Greens
- * Mandarins or Kiwis
- * Dill (This will be harvested just before we pack the Baskets. We are supposed to be in the low single digits tonight. If the dill makes it you will see it in the basket. Let's hope.)
- * Mushrooms (hopefully enough for everyone. If not, next week we will have the rest.)

Salisha has a little bit of all 3 of the root crops, so you will receive only one of these. The kohlrabi is a funny looking thing with all kinds of stems growing from it. It looks like something from outer space. The kohlrabi is great sliced or grated into salads—great eaten raw. Also, at this time of the year, turnips are great eaten raw.

They taste like a nice mild radish. Chop the greens into a salad.

The pumpkins are the same way. You will receive one of these varieties. Have fun!

Keep your Banana Squash in the refrigerator until you eat it or cook it and freeze it. This is a great squash to combine with pumpkin for a great pie or the rice pudding recipe I have included. Enjoy the mandarins. They are from Amber Oakes farm in Auburn, Ca.

Hopefully all of you will receive mushrooms this time. They sure are tricky things to grow. Once they take off, 6 hours can make a difference in a perfect mushroom to an overgrown mushroom. So Dan never really knows how many mushrooms he will have until last minute. Enjoy! Also, if you love mushrooms and would like to try your hand at growing them, Dan is making up kits for sale and I think will have them available at the Great Basin Co-Op. Check it out.

Don't forget Corn Days on Lattin Farms Dec. 12th. This is a fun opportunity to pick corn for grinding for your own cornbread or for corn to feed your small flock of backyard chickens. Everyone that attended last year had a lot of fun. Bring your own lunch and warm clothes.

We only have 2 more deliveries after today, December 1st. Please look in the corner of your garages to check if you have any CSA boxes hiding anywhere. We would sure appreciate you returning them before the end of the season. Wow, where did this year go?

I think we will have been sending baskets down the road now for 32 weeks. If you think about it, that is a lot for little ol' Nevada. Thanks for all of your support and patience. The summer basket had "More zucchini?" and the fall basket had "More pumpkins?"!! Oh my!!

Thanks again. Have a great week. Stay warm!

Tina

Recipes

Jalapeno Olive Relish

Combine 1/4c. halved pitted green olives; 1-2 jalapeno peppers, sliced; 6 cherry tomatoes, quartered; and 1-2 tbl. snipped fresh cilantro.

Pumpkin Black Bean Bake

1 lb. ground beef
2c. 1/2" pieces peeled pie pumpkin or winter squash
1 onion, chopped
1 15oz. can black beans, rinsed and drained
1c. frozen whole kernel corn
1 4oz. can diced green chilies
1/2 tsp. salt
1/2c. beef broth
1 3 oz. pkg. cream cheese
1 8 1/2oz. pkg. corn muffin mix
1 egg, lightly beaten
1/3c. milk
1/3c. pumpkin puree

Preheat oven to 400. Brown ground beef, pumpkin, and onion over medium heat until onion is tender, breaking up ground beef. Drain fat. Stir in black beans, corn, chilies, and salt. Heat through. Stir in broth and cream cheese until blended.

Transfer mixture to 2 1/2qt. baking dish. In a bowl stir together corn muffin mix, egg, milk and pumpkin puree until just combined. Spoon over beef mixture. Bake 20 minutes or until toothpick comes clean. Serve with jalapeno-olive relish.

Roasted Pumpkins with Bacon and Brown Sugar

6 slices bacon, crisp-cooked and drained, drippings reserved
2 2-4lb. pie pumpkins
1 tsp. salt
1/4 tsp. black pepper
1/4c. brown sugar
2 tsp. fennel seed, crushed
2-3 green onions, diagonally sliced

Preheat oven to 400. Cut off top 1/4 of pumpkins. Remove seeds and strings; reserve 2/3c. pumpkin seeds.

Place pumpkins, cut side up, in foil lined baking pan. Brush insides with some of the bacon drippings and sprinkle with salt, pepper, and brown sugar. Replace lids. Roast pumpkins in oven 20 minutes. Meanwhile, in skillet stir together pumpkin seeds, fennel seed, green onions, and remaining bacon drippings. Add skillet to oven during last 10 minutes of roasting.

Remove pumpkins and seed mixture from oven. Sprinkle inside of pumpkins with seed mixture and crumbled bacon. To serve, use a large spoon to scoop out insides or use knife to cut into wedges.

Creamy Pumpkin Rice Pudding

2/3c. water
1/3c. long grain rice
3 eggs, lightly beaten
1c. milk
2/3c. pumpkin puree
1/3c. packed brown sugar
1 tsp. pumpkin pie spice
1 tsp. vanilla
1/4 tsp. salt
3/4c. dried cranberries or raisins
1 medium apple or pear, cored and thinly sliced
1/2c. coarsely chopped walnuts, toasted
2 tbl. honey

Preheat oven to 325.

In a small saucepan combine water and rice. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until liquid is absorbed, stirring once.

In medium bowl combine eggs, milk, pumpkin puree, brown sugar, pumpkin pie spice, vanilla, and salt. Stir in rice and 1/2c. cranberries. Pour mixture into 1 1/2qt. deep baking dish. Place dish in baking pan on oven rack. Pour boiling water into baking pan until water comes halfway up sides of baking dish. Bake 30 minutes; stir. Bake 35 minutes more until

outside edge appears set. Remove dish from oven. Cool slightly on wire rack.

Meanwhile, in bowl combine remaining 1/3c. cranberries and boiling water to cover. Let stand 15 minutes; drain. Just before serving, toss together apple, walnuts, honey, and cranberries. Spoon over pudding. Serve warm.