



In your share:

Sweet Potatoes
Pumpkin
Sweet Peppers
Hot Peppers
Garlic
Beet Greens
Turnip Greens
Salad Greens

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:
Flowers
Mint
Nasturtiums
Oregano
Lavender
Anise Hyssop
Sage
Parsley
Cilantro

Feels like Fall

It sure has felt more like Fall than like Summer this past week! Last Friday had us breaking out the sweaters and hats here on the farm, and observations about the change in temperature were not in short supply.

You'll notice a few new additions in the share this week to go along with the cooler temperatures. The sweet potatoes are coming out of the ground – what a treat! Like the other varieties of potatoes you have enjoyed from the farm, sweet potatoes are best stored in a cool, dark, dry cupboard or pantry- definitely not the refrigerator. They are best when used within a week or so, but if your storage conditions are good, they will still be tasty at the end of October. Simply baked at 375 degrees for an hour, they hold their own as a sweet and tender side. Of course, there are lots of wonderful recipes to try as well.

Another delectable orange treat, pumpkin makes its debut this week. The smaller pumpkin varieties are the ones you'll want to bake up and eat. They are stored and used in cooking much like winter squash. You can chop them in half, scoop out the seeds, and roast for a yummy pumpkin mash, perhaps sweetened with some maple syrup or made savory with yogurt and Indian spices. And there is always the baking option- pumpkin is a star in breads, cookies, cakes, and of course, pies. The larger pumpkin varieties are more suited to decoration, and may not be nearly as tasty (or as healthy, depending on growing conditions) so consider carefully before making the jack-o-lantern into your dinner.

The greens are plentiful, so enjoy, and don't fear the turnip & beet greens! They are a real delight (once you find your preferred cooking method) and there are some suggestions that follow to suit just about anyone.

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it.
Thanks~

Fresh Greens Pasta Pie

Crystal Lake Gardens

Here is a fun way to serve up your greens that even the holdouts in your group might find irresistible. Serve with pasta sauce for an additional layer of flavor.

6 ounces vermicelli
2 tablespoons butter or margarine, softened
1/3 cup grated parmesan cheese
5 eggs
2 teaspoons cooking oil
1 small onion, chopped
2 cups Cooking greens (Kale, Collards, Beet or Turnip Greens, or any combination)
1 cup shredded mozzarella cheese
1/3 cup milk
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon nutmeg
Several shakes hot pepper sauce (optional)

Heat oven to 350 degrees. Lightly grease a large pie plate.

Cook vermicelli according to package directions; drain.

Stir butter and parmesan cheese vermicelli. Beat 2 of the eggs and stir well into pasta.

Spoon mixture into pie plate, and use a spoon to shape vermicelli into a pie shell.

Cover with foil and bake for 10 minutes. Set aside.

Heat oil in small skillet, add onion and sauté until tender.

Beat the remaining 3 eggs and combine with greens, mozzarella, milk, seasoning, and sautéed onions.

Spoon greens mixture into pasta shell. Cover pie with foil. Bake 35 minutes; uncover and bake an additional 5 minutes. Let stand for 10 minutes before slicing. Makes 6 servings.

Ginger-Pumpkin Muffins

5 1/2 tablespoons minced crystallized ginger

1/2 cup dried currants or raisins

2 cups sifted unbleached all purpose flour

1 tablespoon ground ginger

2 teaspoons pumpkin pie spice

1 1/2 teaspoons baking soda

1/4 teaspoon salt

3/4 cup plus 2 tablespoons cooked pumpkin puree or canned solid pack pumpkin

1/2 cup plus 2 tablespoons low-fat buttermilk

1 teaspoon vanilla extract

2 large egg whites

1 large egg

3/4 cup plus 3 tablespoons (packed) golden brown sugar

1/2 cup unsulfured (light) molasses

1/4 cup vegetable oil

Preheat oven to 375°F. Line sixteen 1/3-cup muffin cups with paper liners. Mix 2 1/2 tablespoons crystallized ginger and currants in small bowl.

Sift flour, ground ginger, pumpkin pie spice, baking soda and salt into medium bowl. Whisk pumpkin puree, buttermilk and vanilla in another bowl.

Using electric mixer, beat egg whites and egg in large bowl until foamy. Add 3/4 cup plus 2 tablespoons brown sugar; beat until light, about 2 minutes. Beat in molasses and oil. Beat in dry ingredients alternately with pumpkin mixture in 3 additions each. Stir in currant mixture.

Divide batter among prepared muffin cups. Mix 3 tablespoons crystallized ginger and 1 tablespoon brown sugar in small bowl. Sprinkle evenly over muffins.

Bake muffins until tester inserted into center comes out clean, about 25 minutes. Cool on rack.