

## IN THE SHARE

- Sweet Potatoes/  
Pumpkins
- Leeks/Garlic
- Peppers
- Greens Choices
- Roots Choices

## PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

### **RED**

Lovage, Oregano, Chives  
Tarragon, German Thyme,  
Peppermint, Spearmint,  
Lavender, Russian Sage,  
Marigolds, Dill, Jasmine-  
Scented Nicotiana

### **ORANGE**

Sorrel, French Thyme,  
Gomphrena, Celosia,  
Tithonia, Snapdragons,  
Calendula, Lamb's Ear,  
Cosmos, Roselle

### **PINK**

Parsley, Zinnias, Statice,  
Basil (lemon/Thai/Italian),  
Cilantro, Strawflower, Dill,  
Pincushions, Cosmos

### **BROWN**

Verbena  
Fennel Seeds  
Black-Eyed Susan

### **YELLOW**

Lemon Balm  
Sage

**Need help finding or using the flowers and herbs in the PYO? Just ask a RWCF staff member or volunteer!**

## HOW TO CLEAN, CUT AND USE LEEKS

Leeks are a relative of onions and garlic, and while they are similar, they have a sweetness and flavor that is all their own. We love leeks around here, especially potato leek soup. Some staff members have been known to hold onto their summer potatoes until leek season just to make a farm-to-bowl batch! Leeks get a bad rap because they can be dirty and tough to clean. So, here are a couple of methods to clean your leeks so they're ready to use.

**Chopped Leeks:** when chopping leeks for soups, quiches or sautés, you can use almost the entire leek. Rinse the whole leek, then cut off the root end and just the dry ends of the leaves (the leaf ends can be added to your stock pot!). Next, slice the leek in half, lengthwise. Then, chop the leek into half-moons of your desired thickness, usually ¼" is good.

Place chopped leeks into a bowl and add lukewarm water. Swish the leeks around a little, then let sit for a few minutes. The dirt and sand will settle to the bottom, and the clean leeks will be ready to fish out with a sieve or your hands. Your leeks are ready to use immediately, or can be patted dry and stored in a plastic bag in the fridge.



**Whole Leeks:** To grill, roast or braise leeks whole, the method is obviously a little bit different. Again, rinse the whole leek and cut off the root end. Place the leek on a cutting board, and insert a sharp knife into the leek about a ¼" below the lowest leaf opening. Cut straight through and up, splitting the leaf section in half, but leaving the paler stalk intact. Fan out the leaf section under running water, rinsing away any sand and dirt. Next, decide how much of



the leaves to cut off. For roasting or grilling, you may want to stick with mostly the white or pale green stalks. Whatever you decide to remove, save it for stock or soups—the green leaves have great flavor and will get tender when cooked longer.

## PYO HIGHLIGHT: SORREL



Native to grassland habitats across Europe and Central Asia, sorrel thrives on warm, sunny days and cool nights. Its unique, sour-citrus flavor is used in cuisines across Eurasia, most notably French, which pairs sorrel with fish because the acidity helps dissolve small bones. Sorrel is often cooked at this time of year, as the late-season leaves are not as tender. New to sorrel? Add brightness to your stir-fry, soup or quiche by simply adding in a handful of sorrel to your greens. Or try this easy [sorrel sauce](#) or [sorrel salsa](#).

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Sweet Potato Bisque **GF Veg DF (with modifications)**

*This is another delicious recipe made for us by Linda, our snacks volunteer. Several times a year, she comes in and makes something tasty with our veggies for everyone to sample and enjoy. It's a lot of fun for the staff, and everything she makes is always delicious. This sweet potato bisque is no exception. You could use pumpkin instead of the sweet potatoes, if you're not sure what to do with your pumpkin!*

### INGREDIENTS

- 2 tablespoons butter
- **3 cloves garlic, finely chopped**
- **1 large or 2 small leeks, finely chopped**
- ½-inch knob ginger, peeled and finely chopped
- Kosher salt and freshly ground black pepper
- 1 canned chipotle pepper (optional)
- 4 cups chicken or vegetable broth
- 1 ¼ cups apple cider
- **~2 lbs of sweet potatoes, peeled and cubed**
- ¾ cup heavy whipping cream



### DIRECTIONS

1. Add the butter to a large soup pot over medium-high heat. Once the butter melts and becomes foamy, add the garlic, onions and ginger and sauté until tender and fragrant, 3 to 4 minutes. Season with salt and pepper.
2. Add the chipotle pepper, if using, and sauté for 1 minute longer while breaking it up with a wooden spoon.
3. Add the chicken or vegetable broth, apple cider and sweet potatoes. Bring to a simmer and cook until the sweet potatoes are tender, about 20 minutes.
4. Puree the soup using an immersion blender until smooth and velvety. Finish by stirring in the heavy cream. Top each bowl with a drizzle of heavy cream and chopped chives, if desired.

## Herbed Butter **GF Veg**

*This is a great way to store herbs for the winter. Either make a versatile butter with a mix of herbs that can be used on almost anything, or make specific butters with whatever herbs you can't get through the winter without. Freeze the butter in ice cube trays, then pull out a cube when you want some fresh herb flavors in your winter kitchen!*

### INGREDIENTS

- 1 cup unsalted butter
- **1-2 cloves garlic (optional)**
- **5-8 chives (optional)**
- **2-3 tbsp fresh herb or herb mix\***
- Salt and pepper to taste

### DIRECTIONS

1. Place butter in medium bowl; bring to room temperature
2. Crush or finely chop garlic cloves
3. Finely chop chives and herbs
4. Add garlic, green onions, and herbs to bowl with butter, and mix thoroughly. Season with salt and pepper to taste.
5. Season with salt and pepper to taste. Transfer butter to airtight container and refrigerate or freeze.

\*If your goal is just to preserve herbs for winter use, you can add more herbs until the mixture just holds together.

