



CSA NEWSLETTER



"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world" - Thorin Oakenshield



THIS WEEK'S VEGGIE LIST

Scarlet Kabocha Squash
Cauliflower
Savoy Cabbage
Watermelon Radish
Leeks
Green Bell Pepper
Eggplant
Onion
Purple and Gold Potatoes
White Kale
Tomatoes



WEEK 19 - HEARTH AND HOME

With autumn comes a sense of slowness, intention, and connectedness. It's a time to build longer tables instead of a taller fences. With so much food to be shared and so few days of sunshine on which to do so, every moment counts for something unconsidered yesterday. Food storage begins to dominate my mind and enjoying the sugars of apples, pears, figs and persimmons dictate every meal while they can. But alas, with time comes change and change offers new opportunities.

It's official y'all. I'm wearing a knitted fisherman's sweater, which means its time to make soup. With potatoes, leeks, squash and cauliflower in the boxes this week, you'll have no shortage of soup options. It also means that I get to skip leg day this week since I deliver a majority of the CSA boxes in the Portland area. I'm looking at you Sellwood. It's been such a pleasure to deliver boxes this year and discuss fun recipes and make new friends in old places. This week I'll be spreading the squashspel about Kabocha.

A Kabocha squash, sometimes referred to as a Japanese pumpkin, is a sweet and nutty winter squash with a creamy and bright orange flesh. A malleable flavor similar to a sweet potato, this squash can be applied many different ways. When cooked, the texture is very fluffy and hardly stringy at all. Making this tasty squash excellent roasted, baked, blended into soups or fried into crispy treats. So, experiment and enjoy!

-D. RAYNE

ROASTED KABOCHA SOUP

Ingredients:

- 1/2 large kabocha squash, seeded (about 3 to 4 pounds for the 1/2 squash)
- 2 1/2 tablespoons extra virgin olive oil, divided
- Salt
- 2 cups chopped or sliced onions
- 2 ribs celery, sliced
- 3 cloves garlic (about 1 tablespoon)
- 1 (2-inch) piece fresh ginger, peeled and grated
- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 4 cups chicken stock
- 2 teaspoons kosher salt
- 1/4 teaspoon black pepper
- Lime juice, for serving
- Chopped fresh cilantro, optional for serving

Instructions:

1. Preheat the oven 400°F.
2. Cut the kabocha squash half into a few large pieces. (Kabocha squash is thick and meaty and can be a challenge to cut. So take care!)
3. Scoop out the seeds (you can toast them like pumpkin seeds!) and stringy insides. Place the squash pieces on a foil- or Silpat-lined roasting pan. Rub 1 tablespoon olive oil over all sides, and sprinkle with salt. Roast 45-60 minutes skin side up.
4. While the squash is cooling, heat the remaining 1 1/2 tablespoons of olive oil on medium-high heat in a large (4- to 6-quart) thick-bottomed pot. Add the onions and celery. Lower the heat to medium and cook until softened, 8 to 10 minutes.
5. Add the garlic, ginger, cumin, and coriander and cook 2 minutes more.
6. Once cool enough to handle, remove and discard the skin. Place the roasted kabocha squash flesh into the pot with the onions and celery mixture. Add the stock, salt, and pepper. Increase the heat to high to bring the soup to a simmer. Then, lower the heat to low. Partially cover and cook 8 to 10 minutes.
7. Using a blender (in batches) or an immersion blender, puree, season to taste, and enjoy!

Source 1: *Simply Recipes* Source 2: *Love & Lemons*

CREAMY LEEK TOP SOUP

Ingredients:

- 4 large leeks, about 2 1/2 pounds, white and light green parts only
- 3 tablespoons unsalted butter
- 1 teaspoon sea salt
- Freshly ground black pepper
- 2 pounds Yukon gold potatoes or yellow potatoes, chopped
- 3 garlic cloves, grated
- 6 cups Leek Top Broth (below) or vegetable broth
- 3 fresh thyme sprigs, bundled
- 1 cup milk or heavy cream
- 1 tablespoon fresh lemon juice, optional
- Chopped fresh chives, for garnish

Optional Leek Top Broth:

- 4 large leeks, about 2 1/2 pounds, dark green tops only
- 12 cups water

Instructions:

1. Optional: Make the leek top broth. Cut the dark green tops off the leeks. Wash well and add to a large pot with the water, thyme, garlic, salt, and peppercorns. Bring to a boil over high heat, then reduce the heat and simmer for 30 minutes. Strain and measure 6 cups broth for the soup. Freeze the remaining broth or store it in the refrigerator for another use.
2. Make the soup: Chop the white and light green parts of the leeks. Wash well between the layers.
3. Heat the butter in a large pot or Dutch oven over medium heat. Add the leeks, salt, and several grinds of pepper and cook for 8 to 10 minutes, stirring occasionally, or until the leeks are soft. If the leeks start browning before they soften, reduce heat.
4. Add the potatoes, garlic, broth, and thyme and simmer for 20 minutes, or until the potatoes are very soft. Remove the thyme, then use an immersion blender or transfer the soup in batches to an upright blender to blend until smooth. Return the soup to the pot and stir in the milk. Season to taste, adding the lemon juice, if desired.
5. Garnish with chives and serve.