



Towne's Harvest Newsletter

September 18, 2007 Week 13 LAST WEEK

This week's share includes...

Tomatoes

Mixed Potatoes

Yellow Onions

Winter squash

Radishes

Hot Peppers (red rockets and cayenne)

Sweet Peppers

Red Onions

Carrots

Pumpkin

Parseley/Oregano/

Basil bunch

Healthy Tidbits...

Potatoes are a very good source of vitamin C and a good source of vitamin B6, copper, potassium, manganese and dietary fiber. Potatoes are also a good source of antioxidants like carotenoids, flavinoids and caffeic acid.

Found at <http://whfoods.org/genpage.php?tname=foodspice&dbid=48>



Notes from the Field

Dear CSA Members,

This is our last week of CSA pick up. Thank you for supporting us in the first year of this program. We hope that you have enjoyed the program because we could not have done this without you. Thank you again for your support and encouragement and we hope to see you next year. Take care!

Sincerely,

The Towne's Harvest Crew

APPLE SQUASH SOUP

*2 lbs butternut squash (or another sweet, winter squash)
1 medium onion, cut into eight pieces
1 medium carrots, trimmed, peeled and cut into eight pieces
2 Tb butter, melted
3 large Granny Smith apples, cored, peeled and cut into eight pieces
3 cans (14.5 oz each) chicken broth
1 1/2 tsp fresh thyme, chopped
1/8 tsp black pepper*

- 1. Heat oven to 350 degrees. Half squash lengthwise; scoop out seeds. Cut each half into thirds and peel*
- 2. Place squash, onion and carrot in single layer in roasting pan. Drizzle with butter and toss to coat.*
- 3. Roast vegetables in 350 degree oven 1 hour, or until tender, turning vegetables over half way through.*
- 4 Transfer vegetables to large saucepan. Add apples and broth; simmer, covered, 30 minutes until apples are tender. Add thyme and pepper.*
- 5. In batches, puree soup in food processor. Garnish with thyme.*

MINTED CARROTS WITH PUMPKIN SEEDS

*6 medium sized carrots peeled and cut in turned pieces
1/2 TBS fresh chopped parsley
1 TBS fresh chopped mint
1 TBS coarsely chopped pumpkin seeds
2 TBS lemon juice
extra virgin olive oil to taste
salt and cracked black pepper to taste*

Bring lightly salted water to a boil in steamer with a tight fitting lid.

Steam carrots in basket until slightly crunchy inside, (el dente).

Chop rest of ingredients and toss with carrots when done.

Healthy Cooking Tips:

Check doneness of your carrots by inserting the tip of a sharp knife into the center. You want them tender on the outside with still a slight crispiness in the center.

Found at <http://www.whfoods.org/genpage.php?pfriendly=1&tname=recipe&dbid=97>

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