

FALL CSA NEWSLETTER, WEEK 9



Beets

Head Lettuce

Arugula

Swiss Chard

Mustard Greens

Red Russian Kale

Dill

Broccoli or Chinese Broccoli (subject to availability)

My favorite part of the holiday season is the food traditions passed on through family and friends. So naturally, Thanksgiving takes the cake. Working and living on the farm really brings a new meaning to the Thanksgiving meal. When I sit down this Thursday with the crew and our families I will be the most thankful for the hard work and commitment that we all put into growing quality food and for the community that supports our efforts, Thank you!

This week we want to share recipes from our families in hopes your family will enjoy them at your holiday table. Please share your favorite traditional family recipes with us and we will share with the community in the coming weeks.

Southern Cooked Greens

2 teaspoons bacon fat

1 smoked ham hock, about 3/4 pound

1 medium yellow onion, thinly sliced

3 large bunches of cooking greens (this week I will use Chard, Mustards, Kale), rinsed and drained, stems removed and cut into 1/2-inch strips

6 to 7 cups chicken broth

2 tablespoons cider vinegar

1/2-teaspoon salt

1/2-teaspoon black pepper

Hot sauce, to taste

In a Dutch oven or other large, deep pot over medium heat, warm oil. Add onions and ham hock, and sauté 8 to 10 minutes, stirring a few times, until onions are browned and wilted. Add collards, broth, vinegar, salt and black pepper and a few dashes of hot sauce. Stir well. Cover and bring to a low rolling boil. Partially cover and simmer for 35 to 45 minutes, or until the collards are soft and pale green. If you like them really soft, then cook them longer, until desired consistency is reached. Taste them, and season with salt and black pepper, as desired. Ladle some of the liquid over the collards before serving. And keep the hot sauce bottle on the table.

Borscht

3 Large Red Beet Roots

2 or 3 Turnips, cubed

2 or 3 Kholrabi, cubed

1 Large Onion, diced

1 small Red or Green Cabbage, thinly chopped

2 or 3 Carrots, grated

1 Lb Ground Sausage

1-2 Bay Leaves

16 cups Liquid - Chicken Broth, Beef Broth or Water

4 Tbsp Lemon Juice

Salt and Pepper

1 Tbsp Chopped Dill

2 Tbsp chopped Dill

1 Cup Sour Cream

Boil the beetroot in 10 cups of the liquid until soft enough to pierce with a knife. Remove when done and set aside to cool but keep the liquid simmering on the stovetop.

While the beetroot cooks, crumble the sausage and brown in a skillet. When browned add the carrot and onion and cook a few minutes more til the onion is soft and has started to caramelize.

Add the cubed turnips and kholrabi to the liquid and simmer for about 10 or so minutes then add the cabbage.

Peel the beets and slice into matchsticks and add them back to the pot.

Add the rest of the liquid, the sausage mix, lemon juice, bay leaf, dill to the pot. cook until the cabbage is done.

Add salt and pepper to taste

Stir the 2 Tbsp dill into the sour cream.

Ladle Borscht into bowls and top with a dollop of the dill sour cream and a sprig of dill on top for a garnish and enjoy!

Happy Thanksgiving!