

JENEHR FAMILY FARM

Newsletter for JenEhr Customers
WEEK 20, October 24, 2011

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WHAT'S GOOD TO EAT THIS WEEK'S BOX:

Arugula

Spinach

Broccoli

Carrots – 5lb

Fennel

Hakuri Turnips

Sweet Potatoes

Buttercup Squash

Local Dirt

There are some great new items on the Local Dirt site this week from JenEhr.

We've been trialing the LocalDirt.com website this year, allowing CSA members to purchase "bulk" quantities of the things you love most. Signing up for the service at LocalDirt.com is free and easy. They never sell, exchange or give away your information. In addition, it's an easy way to get those extras for freezing, canning, dehydrating or a big meal or dinner party.

JenEhr's pricing for the bulk quantities is similar to our wholesale pricing to the grocery stores we serve.

This week you'll find available: fennel, carrots, broccoli, frozen strawberries, celery and the final

And There's More

Every week, it seems that Farmer Paul is pulling something amazing out of the field. Sometimes the produce items were planted so long ago, in the spring, that I'd almost forgotten about them. This week the sweet potatoes are the amazing item. A couple weeks ago, the crew pulled all the sweet potatoes out of the ground and brought them to the greenhouse where they could cure. When sweet potatoes come out of the ground, they have a pasty starch flavor. The sweetness comes from curing, high heat during the course of 4 to 7 days, when the skins toughen up and the meat of the sweet potato gets sweeter and sweeter. These are certainly sweet enough for the cake recipe on page four of this newsletter.

The warmer October days, with cold cold nights continue to make the arugula and spinach sweeter and sweeter. The two are great together in a salad or sautéed atop eggs for breakfast. Make a big pot of cooked greens with them along with the turnip greens. Alton Brown offers up a quick and easy greens recipe. Keep this on hand, substituting any of the greens in your two remaining shares and from the fall share to make this delicious side dish: *1 quart water, 1 1/2 pounds smoked turkey legs, 2 pounds stemmed collard or turnip greens, 1 teaspoon salt, plus extra if desired, 1 teaspoon sugar*

Place the water and turkey legs in an 8-quart pot over medium-high heat. Cover, bring to a boil, and allow to simmer for 10 minutes. In the meantime, remove any large stems from the greens and wash them thoroughly; do so in a sink with at least 5 inches of water. Moving the leaves around in the water and allowing them to sit for a few minutes to allow the sand or dirt to fall to the bottom of the sink. Once clean, chop pieces in half. You should have 2 pounds of greens once they are stemmed. (Weigh the greens after stemming, but before washing.)

Once the turkey legs have simmered for 10 minutes, add the greens, salt and sugar, reduce the heat to low, cover, and allow to simmer gently for 45 minutes or until the greens are tender. Move the greens around every 10 to 15 minutes. Taste and season with additional salt, if desired. Serve immediately.

There are two more CSA shares in the regular season. It has been such a delight feeding you this season. As we come to the end, you'll hear more information about signing up for the 2012 season. We ask you to consider signing up early this year to ease the financial difficulties of the year. Prices will remain the same for 2012, with an oopsie pass for those who sign up by January 1st. I'll have the 2012 sign up form on the website by the end of the week and will include it with the next two CSA emailed newsletters.

Jicama Slaw with Carrots and Red Peppers

Jicama is a crisp, juicy, slightly sweet tuber that looks like a squashed softball with rough, brown skin. After the jicama is peeled, the raw flesh is great in salads, salsas, and slaws, like this crunchy, tangy version. It's just the thing to cool your mouth when you've been eating spicy tacos. Serves 10 to 12 Yields about 6 cups

1 medium jicama (about 2 lb.)
 4 medium carrots
 1/2 medium red bell pepper
 1/2 cup extra-virgin olive oil
 1/3 cup fresh lime juice
 1 tsp. celery seed
 Sea salt
 Cilantro leaves for garnish (optional)



With a chef's knife, cut the skin and roots off the jicama. Using a mandoline or the knife, cut the jicama into thin 1-inch-long matchsticks. Peel and grate the carrots. Core and thinly slice the pepper; cut the slices into 1-inch-long pieces. In a medium serving bowl, toss the jicama, pepper, and carrots with the olive oil, lime juice, celery seed, and salt to taste. Cover and chill in the refrigerator for 1 hour. Before serving, retoss the slaw, as the dressing will have settled on the bottom of the bowl.

Make Ahead Tips: You can prepare the vegetables and the dressing up to 4 hours ahead, but don't toss them together until 1 hour before serving or the carrots and pepper may discolor the jicama.

Arugula and Roasted Pear Salad

Arugula and pears flourish during the cooler late-autumn weather. Put them together for a great balance of sweet and piquant. The arugula is lightly dressed with a maple-sweetened vinaigrette to accentuate the natural flavor of the pears.

4 firm, almost-ripe pears (Bartlett or Bosc), peeled, cored, and cut lengthwise (I love Future Fruit Organic pears)
 2 tablespoons sugar
 1 tablespoon butter, melted
 2 tablespoons pine nuts
 3 tablespoons olive oil
 1 tablespoon balsamic vinegar
 1 clove garlic, minced
 Salt and pepper, to taste

1/2 teaspoon Dijon mustard
 1/2 teaspoon maple syrup
 6 cups arugula or mixed salad greens
 2 tablespoons dried cranberries
 1/4 cup fresh Parmigiano-Reggiano cheese
 12 calendula blossoms

1. Preheat the oven to 400°F. In a medium bowl, toss the pears, sugar, and butter. Arrange the pears in a single layer in a baking sheet. Bake, turning once, until the pears are barely tender, 10—15 minutes... Dry roast the pine nuts in a skillet for 5 minutes, until toasty brown. Remove from the heat and set aside.

2. In a large salad bowl, prepare the dressing by whisking together the oil, vinegar, garlic, salt, pepper, mustard, and maple syrup. Add the arugula or salad greens and toss to coat.

3. Divide the salad onto four chilled plates. Arrange the roasted pears in a fan around the center, and sprinkle with the cranberries, Parmesan cheese, and pine nuts. Scatter with petals from the calendula blossoms.

Provençal Vegetable Soup

- 2 tablespoons good olive oil
- 2 cups chopped onions (2 onions)
- 2 cups chopped leeks, white and light green parts (2 to 4 leeks)
- 3 cups 1/2-inch-diced unpeeled boiling potatoes (1 pound)
- 3 cups 1/2-inch-diced carrots (1 pound)
- 1 1/2 tablespoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 quarts homemade chicken stock or canned broth
- 1 teaspoon saffron threads
- 1/2 pound haricots verts, ends removed and cut in 1/2
- 4 ounces spaghetti, broken in pieces
- 1 cup Pistou, recipe follows
- Freshly grated Parmesan, for serving



Heat the olive oil in a large stockpot, add the onions, and sauté over low heat for 10 minutes, or until the onions are translucent. Add the leeks, potatoes, carrots, salt, and pepper and sauté over medium heat for another 5 minutes. Add the chicken stock and saffron, bring to a boil, then simmer uncovered for 30 minutes, or until all the vegetables are tender. Add the haricots verts and spaghetti, bring to a simmer, and cook for 15 more minutes.

To serve, whisk 1/4 cup of the pistou into the hot soup, then season to taste. Depending on the saltiness of your chicken stock, you may need to add up to another tablespoon of salt. Serve with grated Parmesan cheese and more pistou.

Pistou:

- 4 large garlic cloves
- 1/4 cup tomato paste
- 24 large basil leaves
- 1/2 cup freshly grated Parmesan
- 1/2 cup good olive oil

Place the garlic, tomato paste, basil, and Parmesan in the bowl of a food processor and puree. With the motor running, slowly pour the olive oil down the feed tube to make a paste. Pack into a container, pour a film of olive oil on top, and close the lid. Yield: 1 cup

Garlic-Roasted Potatoes and Fennel

- 2 large fennel bulbs with stalks, (about 2 pounds)
- 2 pounds small red potatoes, halved
- Cooking spray
- 1 tablespoon olive oil
- 1 whole garlic head
- 2 large green bell peppers, cut into 1/2-inch strips
- 1 teaspoon fennel seeds, lightly crushed
- 1 teaspoon coriander seeds, crushed
- 1/2 teaspoon Spanish smoked paprika or sweet paprika
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 1/2 cups vegetable broth
- 1/8 teaspoon saffron threads
- 1 tablespoon sherry vinegar

Preheat the oven to 375°. Trim tough outer leaves from fennel; reserve fennel fronds for garnish, if desired. Remove and discard stalks. Cut fennel bulbs in half lengthwise; discard core. Cut bulb halves in half lengthwise.

Arrange potatoes in a single layer in a jellyroll pan or large roasting pan coated with cooking spray; drizzle with oil. Remove white papery skin from garlic head. Separate and peel cloves. Finely chop one garlic clove; sprinkle over potatoes. Add peeled garlic cloves, pepper strips, fennel seeds, coriander, paprika, salt, and black pepper to potatoes; toss well to combine.

Heat broth in a small saucepan over medium heat until warm. Remove from heat; stir in saffron. Let stand 10 minutes. Stir in vinegar; drizzle broth mixture over potato mixture. Bake at 375° for 30 minutes. Remove from oven, and arrange fennel wedges over potato mixture. Return to oven; cook an additional 50 minutes or until the broth mixture almost evaporates and potatoes begin to brown, stirring once. Garnish with reserved fennel fronds, if desired.

Cinnamon Ripple Sweet Potato Cake

- 1 cup (2 sticks) butter, softened, plus butter for pan
- 1/2 cup firmly packed brown sugar
- 1/2 cup chopped pecans
- 1 teaspoons ground cinnamon
- 2 cups sugar
- 3 large eggs
- 12 ounces sour cream
- 1 cup mashed cooked sweet potato (about 1 medium)
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- Rum Glaze, recipe follows



Preheat the oven to 350 degrees F. Butter and flour a 12-cup Bundt pan. In a small bowl, combine the brown sugar, pecans, and cinnamon; set aside.

In a large bowl, combine the 1 cup of butter and sugar. Beat at medium speed with an electric mixer until creamy. Beat in the eggs, 1 at a time, beating well after each addition. Stir in the sour cream, sweet potatoes, and vanilla.

In a medium bowl, combine the flour, baking powder, cinnamon, salt, and nutmeg. Gradually add it to the butter mixture, stirring well.

Pour half of sweet potato batter into prepared pan. Sprinkle evenly with the brown sugar mixture. Spoon the remaining batter evenly over the streusel. Bake until a tester inserted in center comes out clean, about 1 hour. Remove the cake from the oven and cool. Spoon the Rum Glaze over cooled cake, slice and serve.

Rum Glaze:

- 2 cups confectioners' sugar
- 1/2 cup heavy whipping cream
- 3/4 teaspoon rum extract
- Pecans, for garnish

In a small bowl, whisk together all of the ingredients until smooth.

Recipe courtesy Paula Deen, queen of all things southern

Bittersweet October. The mellow, messy,
leaf-kicking, perfect pause between the
opposing miseries of summer and winter.

~Carol Bishop Hipps

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