

KICKAPOO HARVEST RECIPES 10/17/09

courtesy of Frank Wildingway

Braised Brussel Sprouts

2 cups Brussel sprouts, trimmed & cut in half
1 c. water
2 Tbsp. butter
Juice & zest of 1 lemon
Salt & pepper to taste

Place all ingredients in a covered medium sauce pan. Bring to a boil, stir, reduce heat, & simmer for 12-15 minutes with lid partially off, stirring a couple of times to ensure even cooking.

Makes 4 servings

Simple Purple Coleslaw

2 cups shredded purple cabbage
Juice of 1 lemon
Salt to taste

Combine all ingredients & macerate (pound with a large wooden spoon or mallet) until cabbage is wilted. Set aside for 1-8 hours then enjoy!

Makes 4-6 servings

Creamy Ginger Squash Soup

1 large or 2 medium winter squashes, cut in half & de-seeded
4 Tbsp. butter
1 Tbsp. fresh ginger, minced or grated
Juice of 2 oranges (about 1 cup juice)
Water or broth
Salt & pepper to taste
Minced apples & cilantro or parsley, for garnish (optional)

Place cut & de-seeded squash cut side down on a cookie sheet with a bit of water & roast at 400 degrees for 30-45 minutes, until soft. Melt butter in a medium sauce pan & add ginger & orange juice. Scoop out flesh of squash, add to pan, & cover. Bring to a boil, reduce heat, & simmer for a few minutes. Puree with an immersion blender or food processor. Thin with water to desired consistency & salt & pepper to taste. Return to a simmer & serve.

Makes 6-8 servings.

FRESH VEGGIE BOX PROGRAM

NEWSLETTER 10/17/2009

Welcome to the last installment of the 2009 Park View veggie boxes. Thanks to Small Family CSA & Susan Bodrou of LaFarge, Slattery Family Farm of Cashton, & Turkey Ridge Orchard of Gays Mills for growing the produce we gleaned for these boxes, as well as the Viroqua High School for allowing us to use their facilities for washing, packing, & cold storage.

Thanks to Viroqua chef Frank Wildingway for today's cooking demo—find his healthy & simple recipes on the back page. We hope you enjoyed the season!

EMPTY BOXES CAN NOW BE THROWN AWAY...

box contents

brussel sprouts—these tiny little cabbages are chocked full of nutrients and anti-oxidant compounds & are good for your digestion. Cold weather makes them sweeter, so these should be great! The key to good tasting brussel sprouts is not overcooking them—that's when they get mush & slimy. Try cutting them in half, tossing with a bit of oil & salt, & roasting them on a cookie sheet at 450 degrees for about 20 minutes. Or try Frank's recipe, on back. Store them in plastic in the fridge & peel off any browning leaves before cooking.

'Enterprise' apples—a multi-purpose apple that is great for fresh eating & salads as well as baking & sauces. Sweet & tart with firm flesh. Chop them up & simmer them with a bit of water for a nice warm apple sauce, or make a pie! Frank likes to garnish his squash soup (recipe on back) with chopped apples. Store in a plastic bag in the fridge (or on the counter if you plan to use them within a couple days).

potatoes—these are organic, so no need to peel them—the skin holds an incredible amount of minerals. Did you know that potatoes have been cultivated in South America, where they're native to, for over 5,000 years? Store them in a dark, cool, dry place or in your refrigerator.

purple cabbage—high in vitamins A & C as well as calcium & potassium. Like brussel sprouts, cabbage is good for your digestion and full of powerful antioxidants. Store in a plastic bag or the crisper drawer of your refrigerator.

winter squash—another vegetable that is native to South America. Winter squash is also a great source of vitamin A (beta carotene) and potassium. Baking brings out their sweet flavor best—cut in half, scoop out the seeds (which you can wash & roast for a snack!), and place cut side down on a cookie sheet with a bit of water. Bake at 350 degrees until tender (30-45 minutes, depending on size of squash). Store at room temperature.