

KICKAPOO HARVEST RECIPES 9/19/09

courtesy of Nicole Penick & chef Macon Luhning

Potato, Kale, and Sausage Soup

- 1 onion, diced small
- 2 ribs celery, diced small
- 3 cloves garlic, minced
- 4-5 medium potatoes, cut into ½ inch cubes (only peel half of them)
- 4 ribs kale, stems removed, chopped
- 1/2 lb. sausage
- 3 Tbsp. flour
- 4-5 cups water or stock
- salt and pepper to taste

Heat pan on medium high heat and sear sausage until browned on all sides. Chop sausage with spatula and cook until fat releases. Add onion, celery, and garlic and cook stirring often until onions are translucent. Add flour and stir together. Add water/stock and potatoes and stir until no lumps remain. Turn heat to high and bring to a boil stirring very often. Reduce heat and simmer until potatoes are tender. Add kale, salt, and pepper.

Makes 6 servings

Ratatouille

- 1 medium sized onion, chopped
- 3 cloves garlic, minced
- 1 medium or large eggplant, diced
- 4 tomatoes coarsely chopped
- 2 green bell peppers coarsely chopped
- 2 medium zucchini diced into large chunks (can add in yellow squash)
- Add herbs as desired such as basil, oregano, thyme and parsley
- Olive oil (enough to sauté onion/garlic)
- Salt and pepper to taste

Sauté the onion & garlic until tender. Add eggplant & tomatoes, simmer covered for 15 minutes. Add zucchini & simmer for 10-15 more minutes until vegetables are suitably soft. Remove from heat, stir in the herbs, & season to taste

Serve over rice, egg noodles, couscous or pasta.

This recipe also freezes well.

Makes 6 servings

KICKAPOO HARVEST: GLEANING FOR HEALTHY COMMUNITIES

PARK VIEW MANOR

FRESH VEGGIE BOX PROGRAM

NEWSLETTER 9/19/2009

Hello again! More volunteers than ever “gleaned”, washed, & packed the veggies in your boxes yesterday for you to enjoy. Thanks to Miles Farm, Harmony Valley Farm, Mike Horan, & Bob & Mary Lake of Viroqua, Keewaydin Farms of Viola, & Driftless Organics of Soldiers Grove 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.

Chef Macon Luhning is back this month for this morning’s cooking demo—find his yummy soup recipes on the back page. See you again in October for your last box!

box contents

carrots—funny shaped seconds! Store them in plastic in the fridge. No need to peel these organic carrots—there’s a lot of nutrients in the skin.

eggplant—one of those vegetables that a lot of people don’t know what to do with. It is delicious brushed with olive oil & broiled, dipped in an egg wash & then corn-meal & pan-fried, or simmered in tomato sauces.

green beans—the last of these for the season as well. Eat them fresh, steam them, blanch them, or add them to soups, stir-fries, or sauces.

kale & chard—cooking greens that are so very good for you (high in vitamins A,C,K, & calcium) & delicious too if cooked right! Add them to soup at the end of its cooking time or sauté them with garlic or onions until just cooked. Kale stems can be tough—it’s best to strip the leaves off before cooking. Store in plastic in the fridge.

parsley—is full of vitamins & minerals (& it really freshens the breath!). Store in plastic in the fridge & add to soups, sauces, or ratatouille (recipe on back page) at the end of the cooking time. It’s delicious fresh in green, potato, or pasta salads.

sweet peppers—sweet bell peppers are high in vitamin C and tasty added to soups, stir-fries, tomato sauces, & salads. Store them in the fridge, or chop them up & freeze them in a freezer bag for cooking with later.

red potatoes—these aren’t treated with anti-sprouting agents, so make sure to keep them in a dark cool place in their paper bag. Great for soup or boiled potatoes, & beautiful in skin-on potato salad or mashed potatoes.

summer squash—the last of the season & then on to winter squash! Store in the fridge.

spinach—fresh baby spinach can be eaten fresh or cooked. It makes tasty salads or sandwich toppings! Keep it in the fridge & eat it up within a day or two.

tomatoes—mixed slicers & heirlooms, great for fresh eating or cooking with. Store them at room temperature.