

Kickapoo Harvest Recipes 9/17/10

Risotto with Squash

1 small winter squash -- peeled, seeded, & cut into 1" dice
3 Tbsp. extra virgin olive oil
1 cup onion -- minced
2 Tbsp. shallots -- minced (optional)
2 cups Arborio or short grained rice
6 1/2 cups hot chicken stock
1/2 tsp. salt
1 pinch nutmeg
2 Tbsp. unsalted butter
1/2 cup Parmesan cheese, grated

Steam the squash until tender but still firm, about 10 minutes. Puree half of the cooked squash in a food processor or blender & process until smooth. Set both aside.

In a heavy, wide 3 to 4 quart casserole or pot, heat the olive oil over medium heat. Cook the onions & shallots together until golden, stirring often, about 8 minutes. Add the rice & stir to coat with the oil. Toast the rice until the edges become translucent, 1-2 minutes. Pour in a cup of stock & the salt & stir constantly until evaporated. Add the squash puree, diced squash, & the shallots. Continue to add hot stock in small batches--just enough to completely moisten the rice- & cook until each batch has absorbed. Stir constantly & adjust the level of heat so the rice is simmering very gently until the rice mixture is creamy but al dente. It will take 16-20 minutes from the addition of stock. Serves 6.

Garlic and Oil Spaghetti with Greens

1 lb. spaghetti
1/4 cup extra virgin olive oil
6 cloves garlic
1/2 onion — finely chopped
1 bunch Swiss chard, kale, or 4 cups spinach -- steamed & shredded
1/2 tsp. crushed red pepper
1 pinch nutmeg & black pepper

Bring a large pot of salted water to a boil, add the pasta, & cook until al dente. Drain, reserving a ladleful of the pasta cooking water.

In a large skillet, heat the olive oil over medium heat. Add the garlic & cook until lightly golden, about 3 minutes. Add the scallions & cook, stirring, for 1 minute. Stir in the Swiss chard & crushed red pepper, cover, & cook until wilted, 3 minutes. Add the nutmeg & season with black pepper. Stir the reserved pasta cooking water into the chard mixture. Add the pasta & toss. Serves 8.

Hot Bacon Dressing

1/4 lb. bacon -- diced
2 Tbsp. onion -- diced
1/4 cup sugar
1 Tbsp. vinegar
1/3 cup water

Fry bacon until crisp. Remove from grease. Saute onion in bacon grease until clear. Add sugar, vinegar, water & bring to a boil; reduce until slightly thickened. Add bacon & pour over greens.

Kickapoo Harvest: Gleaning for healthy communities

Park View Manor

Fresh Veggie Box Program

Newsletter 10/22/2010

Thanks to Keewaydin Organics of Viola/Viroqua, Driftless Organics of Soldiers Grove, & Countryside Orchard of Lansing, IA for growing the produce we gleaned for these boxes, & the Viroqua High School for allowing us to use their facilities for washing, packing, & cold storage. Find recipes for today's cooking demo by chef Donna Karasek on the back page. We hope you enjoy your boxes!

box contents

apples—free choice—this mix of several different varieties (probably Dayton, Liberty, or Haralson) are good for fresh eating or cooking into crisp, pie, or sauce.

cilantro—a pungent herb good in Mexican or Asian food. Use within a couple days.

dill—fresh dill great in dips, salads, or on fish. Doesn't keep long.

gold beets—great grated in salads or roasted.

gold turnips—a sweeter variety than the normal purple-top white turnips. Their buttery-golden insides are great for boiling & mashing, roasting with other root vegetables (cube, toss in oil, & roast on a cookie sheet at 400 degrees for 30 minutes or so), cooking with pot roast or in soups. Stores for many weeks in plastic in the fridge.

kale—a leafy member of the cabbage family, high in vitamins, minerals, & antioxidants. Chop leaves after stripping them from the stems (the stems are too fibrous to eat) & steam, sauté, or simmer them in soups or sauces.

lettuce—fresh heads of green, red, or romaine lettuce. We washed once, but you may want to wash it again. Eat in salads or on sandwiches or tacos! Store in a plastic bag with a paper towel in it in the fridge & use up within a few days.

onions—the wet summer means the onions aren't keeping well—check them carefully for signs of rot & eat them quick.

green bell peppers—tasty on salads, sandwiches, pasta sauces, stir-fries, potato salad, or pizzas. Store in your fridge's crisper drawer & use up within a few days as these have already been in storage. High in vitamin C!

radishes—green-top red radishes good in for fresh eating. The greens are really good in salads or cooked if used right away.

spinach—frost sweetened. Eating fresh in salads/sandwiches or lightly cook in eggs, sauces, soups, etc. Store in plastic in the fridge & use up within a few days.

winter squash—butternut variety. Cook as described in the recipe included, or cut in half, scoop out seeds, & bake cut side down on a cookie sheet at 375 degrees for about a half hour, until soft. Store on the counter & use within a couple weeks.

yellow potatoes—can be boiled, steamed, baked whole, or cut into chunks & tossed with oil & roasted. Store in a dark, cool place in a paper bag.