

IN THE BAG
Potomac Vegetable Farms
Week 5A: October 25, 2011

This is what we anticipate will be in your bag. It could be slightly different.

Mini: peppers, cabbage, butternut, radishes, collards, kale, garlic, possibly kohlrabi

Regular: cabbage, sweet potatoes, radishes, collards, kale, broccoli raab or tatsoi, bok choy, cilantro, garlic

Robust: peppers, cabbage, sweet potatoes, radishes, collards, kale, broccoli raab, bok choy, cilantro, garlic, Chinese broccoli

Butternut, sweet potatoes, and garlic should go in a cool, dry place. Everything else should go in the fridge.

New (to some) Items:

Broccoli Raab, also called Rapini, has spiked leaves that surround clusters of green buds resembling small heads of broccoli. Small, edible yellow flowers may be blooming among the buds. Although it has broccoli's name, broccoli raab is not related to broccoli; it's closely related to turnips. (You'll notice the leaves resemble turnip greens.) Cook the whole plant—the stems can be removed up to where the leaves begin, and sautéed before adding the leaves to the pan. Broccoli Raab is a source of vitamins A, C, and K, as well as potassium, calcium, and iron.

Choi Sum (Chinese broccoli) is a Chinese cabbage. The entire plant can be eaten, including the tender stalks and flowers. The flavor is reminiscent of a sweet, juicy broccoli. These are just delicious. All they need is a light stir fry or steam, and maybe a dash of vinegar to finish them. It's an excellent source of vitamins A and C, calcium, potassium, and dietary fiber.

CRUSTED BUTTERNUT SQUASH

From [Sprouted Kitchen](#)

Slightly adapted from Ottelenghi's Plenty

1 Butternut Squash (about 2 lbs.)
2 tsp. Olive Oil
1/2 tsp. Fresh Ground Nutmeg
1/3 Cup Fresh Breadcrumbs / Panko
1/2 Cup Grated Parmesan Cheese
1 Minced Garlic Clove
1 Tbsp. Finely Chopped Parsley
1/4 Cup Fresh Thyme Leaves
Salt and Peppersprouted kitchen

Oven to 400

Peel the squash (vegetable peeler works great). Slice it in half length wise and discard the seeds. Cut into 1/4" slices.

On a parchment lined baking tray, pile the squash, drizzle the olive oil and the nutmeg and toss everything to coat evenly. All should have a thin coat of oil, amount may vary based on size of the squash. Spread them out in a single layer on the baking tray. You may need to use two, too much overlap won't yield a crunchy crust.

In a food processor (or magic bullet) pulse together the breadcrumbs, parmesan, garlic, both herbs, a few pinches of salt and a lot of fresh black pepper.

Sprinkle the topping on the squash. Bake for about 25-30 minutes until the tops are browned and the squash is cooked.

Squash Pizza

From [A Good Appetite](#)

Crust for one pizza

1 small squash, we used an Acorn, you can chose your favorite

1 yellow onion, sliced

olive oil

kosher salt

2 slices bacon, chopped

chevre goat cheese (if you like a really cheese pizza or don't like goat cheese you can use grated provolone like Matt did)

crushed red pepper flakes

Preheat oven to 350 F.

Peel and cube the squash. Put the squash and onion into a small roasting pan or baking sheet. Drizzle with enough olive oil to coat everything. Sprinkle with salt. Roast for about 30 minutes until the squash is soft.

In a small skillet, cook the bacon until crispy. Drain on a paper towel.

Preheat oven to 450 F.

Roll out the pizza dough to your desired thickness.

Crush the squash up a bit. Top the dough with the squash, onions and bacon. Crumble the cheese over the top. Sprinkle as much red pepper as you like.

Bake until the crust is golden brown and the cheese is melted about 15 minutes.

Serves 2 – 3

Roasted Butternut Squash & Red Pepper With Rosemary, Garlic & Parmesan

From [Garden of Eating](#)

(recipe courtesy [Local Kitchen](#))

Serves 4 as a side

1 2 1/2 to 3-lb butternut squash (or other winter squash), peeled, seeded and diced to 1/2-inch cubes

2 large red bell peppers, stemmed, seeded, and cut into 1/2-inch pieces

3 garlic cloves, pressed or minced

3 Tbsps chopped parsley

4-5 sprigs of fresh rosemary, leaves finely chopped (about 1 tbsp)

Sea salt & freshly ground pepper, to taste

3-4 Tbsps olive oil

1/2 cup (2 oz) freshly grated Parmesan or Romano cheese

Preheat oven to 400 degrees F (375 degrees F convection).

In a large bowl, combine squash, bell pepper, garlic, parsley, rosemary, salt & pepper. Toss to mix. Drizzle in olive oil, tossing as you go, until vegetables are all lightly coated.

Transfer to a rimmed baking sheet or large casserole dish. Sprinkle half of the cheese evenly over the top of the vegetables.

Roast, stirring 2 or 3 times, until the squash is tender and beginning to brown at the edges, 45–50 minutes. Sprinkle the remaining cheese over the top and serve hot or at room temperature.

Roasted Butternut Squash and Kale Pizza

From [Tasty Kitchen](#)

Prep Time 15 Minutes

Cook Time 45 Minutes

Serves 2

1 whole Medium-sized Butternut Squash, Peeled, Seeded And Cut Into 1-inch Chunks

4 whole Small Red Onions, Quartered (or 1/2 Large Red Onion, Sliced)

6 Tablespoons Extra Virgin Olive Oil, Divided

3 sprigs Thyme

2 pinches Coarse Salt And Freshly Ground Pepper

3 cloves Garlic, Sliced

1 bunch Kale, Rinsed And Cut Into 2-inch Chunks

1 pound Pizza Dough, Cut In Half

2 cups Shredded Mozzarella

1/4 cups Fresh Parmesan Shavings, For Garnish

Preheat oven to 400°F.

On a rimmed baking sheet, toss squash and red onions with 2 tablespoons oil, the thyme and a pinch of salt and pepper. Roast 30 minutes, checking at the 20-minute mark and tossing.

In a medium skillet, heat 2 tablespoons oil over medium-high. Add the garlic and bloom for 30 seconds. Add the kale and saute 2 minutes, until slightly softened. Remove from heat.

Roll out each ball of dough on a floured surface. Brush each crust with a tablespoon of oil, followed by a cup of shredded mozzarella. Top with sautéed kale and the roasted squash/onion mixture.

Stick back in the oven for 10 more minutes.

Top with a good grating of cheese and enjoy this life as you know it.

Butternut Squash Crumble

From [White On Rice Couple](#)

Adapted from Martha Stewart.

This recipe easily changes from 1 lrg 10" crumble to smaller individual or shared crumbles. Choose the serving size you wish, then for the smaller sizes, reduce the cooking times just a bit. Serves 8.

4 lbs (1820g) Butternut Squash (1 lrg or multiple small) peeled and cut into 1/2-3/4" pieces

3 T (45ml) Extra-Virgin Olive Oil, for sauteing butternut squash

Sea Salt & fresh cracked Black Pepper, to taste

1 T (15ml) Extra-Virgin Olive Oil, for sauteing shallots

1/2 c (3-4 lrg) Shallots, thinly sliced

1/4 c Italian Parsley, coarsely chopped

1/2 c (120ml) Smoked Chicken or Turkey Stock (regular stock will work fine too)

1 1/2 c (190g) All-Purpose Flour

1 t (5 g) Sugar

2 T (30ml) fresh Thyme, coarsely chopped

1 t (5g) Sea Salt

3/4 c (1.5 sticks-170g) unsalted Butter, cold and cut into 1/4" pieces

2 lrg Egg Yolks

3-4 T (45-60ml) Ice Water

extra butter for buttering gratin dishes

preheat oven to 375° F

1. Generously butter a 10" gratin dish or several small equivalents.

2. In a very large skillet heat 3 T of olive oil over medium-high heat. Add butternut squash and saute until all of the squash starts to soften and brown (@ 15 min). (If you don't have a large enough pan, divide the oil and butternut squash into 2 batches and first cook one half then the other half).

3. While the butternut squash is cooking, heat a small skillet over medium-high heat, add 1 T of olive oil then add sliced shallots. Saute until soft and lightly browned.

4. As butternut squash and shallots finish cooking, add them into a large bowl. Add parsley and stock, then mix well. Pour butternut squash mixture into buttered gratin dish(es). Cover tightly with foil or lid and bake in oven until just tender (@30 min.)

5. While butternut squash bakes, prepare crumble. Place flour, sugar, thyme, and sea salt in a medium bowl. Add butter pieces and pinch with your fingers until mixture is a coarse meal. (You'll still have some pea sized lumps of butter.) Whisk together egg yolks and 3 T of ice water. Add to flour mix until just combined. If mix is too dry, add remaining 1 T of ice water. Set aside in fridge until squash is ready for topping and finishing bake.

6. Take butternut squash from oven. Remove foil. Scatter crumble topping over squash then return to oven. Bake for another 30 min or until topping is golden brown. Serve warm or at room temperature.

SAUTEED BELUGA LENTILS + BUTTERNUT SQUASH

From [Sprouted Kitchen](#)

Serves 4

This is one of those recipes that is to taste on a lot of things. You could adjust the garlic if you prefer, more herbs if you want the greenery, more curry if you like it spicy. However, note that the curry should not be an overpowering flavor here, it's intended to be a compliment. Any squash would work, maybe even a pumpkin. You follow me?

4 Cups Cubed Butternut Squash
2 Tbsp. Olive Oil
1/2 Tbsp. Curry Powder
1/2 Tbsp. Oregano
1 Tbsp. Muscavado/Natural Brown Sugar
Salt/Pepper

2 Cups Cooked Beluga Lentils, drained
2 Tbsp. Minced Garlic
2 tbsp. Olive Oil
1/2 Cup Chopped Basil
1/3 Cup Chopped Parsley
2 Tbsp. Apple Cider Vinegar
1 tsp. Dijon Mustard
1 Small Red Onion, Diced
Grated Manchego Cheese

Oven to 450'

1. On a baking tray, spread out the squash, add the olive oil, oregano, curry powder and salt and pepper. Use your hands and toss everything around until the spices are coating the squash evenly. Spread them out in a single layer, with as much space between possible. Roast in the upper third of the oven for 20-35 minutes. (The time differs based on water content of squash, size of cubes etc. Just watch them until the edges are brown and crispy).

2. While the squash are cooking, put the 2 Tbsp. olive oil and minced garlic in a pan over medium heat. Shake it around a few times, and allow the garlic pieces to crisp up a bit in the oil. Add the lentils and saute to cover them in oil. Continue to stir intermittently for about 10 minutes to warm through. Turn off the flame, but leave them in the warm pan until the squash is done.

3. Remove squash from oven and set aside, put the lentils in a bowl and add the red onion, apple cider vinegar, dijon and half of the herbs, stir. Add the squash chunks on top, the rest of the herbs, desired amount of grated manchego cheese and a grate of fresh ground pepper.

Butternut Squash & Swiss Chard White Lasagna

From [Coconut and Lime](#)

1 medium to large butternut squash, sliced lengthwise and seeds removed
1/4 cup Parmesan
1 lb lasagna noodles
olive oil

for the filling:

1 large bunch Swiss chard, chopped
1 medium onion, diced
15 oz ricotta cheese
1 tablespoon olive oil
1 teaspoon chopped fresh sage
1 teaspoon smoked paprika
1/4 teaspoon salt
1/4 teaspoon white pepper
1/8 teaspoon nutmeg

for the sauce:

3 cups milk
3 tablespoons grated Parmesan
3 tablespoons butter
3 tablespoons flour
2 cloves garlic, minced
salt
white pepper

Preheat oven to 400. Brush the butternut squash with the additional olive oil. Place cut side down on a parchment lined baking sheet. Bake for 30-40 minutes or until fork tender. Allow to cool slightly. Scoop out the insides. Mash. It should yield about 3 1/2 to 4 cups of squash. Set aside.

Meanwhile, cook the noodles according to package instructions. Drain and arrange in a single layer on baking sheets until ready for use.

For the filling: Heat the oil in a large skillet. Saute the onion until fragrant, then add the chard and sage. Saute until the chard is soft. Allow to cool slightly then combine with the ricotta, nutmeg, salt, pepper and paprika.

For the sauce: In a medium pan, melt the butter. Add the flour along with a sprinkle of salt and pepper, garlic and whisk until smooth. Add the milk and whisk together until slightly thickened. Stir in Parmesan.

To assemble: Preheat oven to 375. Spread some sauce on the bottom of a 9x13 inch pan. Top with noodles then layer with a layer of squash then the chard-ricotta mixture and drizzle with sauce.

Repeat until the pan is full, then top with a final layer of noodle, the remaining sauce and Parmesan.

Bake covered for 30-40 minutes or until bubbly. Allow to sit about 5 minutes before slicing and serving.

Note: To cut down on some of the prep time you could roast the squash the night before and just let it warm up a bit while you make the sauce before spreading. However, the squash roasting is pretty hands off so it is easy to do that while you are making the cheese mixture.

Curried Roasted Butternut Squash Hummus Spread

From [Have Cake, Will Travel](#)

2 cups (400 g) chopped roasted butternut squash
15 ounces (1 can, 425 g) cooked garbanzo beans, drained and rinsed
1 big clove garlic, grated
1 tablespoon (15 ml) extra-virgin olive oil
1/4 cup (64 g) tahini
2 tablespoons (30 ml) fresh lemon juice
1 generous tablespoon (6 g) curry powder
1 teaspoon ground cumin
1.2 teaspoon coarse sea salt
1/4 teaspoon ground black pepper, to taste

Place all the ingredients in your food processor or blender, process until smooth, scraping sides with a rubber spatula once or twice.
Serve chilled, at room temperature, or even warm, with crackers, pita bread, chips...

Yield: about 3 cups