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As we fill your pantry with sweet potatoes, we are sharing some ideas for ways to keep using them through the coming weeks and holiday season. The following recipe would make a nice appetizer and takes less than thirty minutes to prepare.

Sweet Potato Rounds with Goat Cheese and Walnuts

Ingredients

2 large sweet potatoes sliced into ¼-inch-thick rounds, ¼ teaspoon sea salt or to taste, 2 tablespoons grapeseed or olive oil, 2 tablespoons balsamic vinegar, 2 tablespoons balsamic vinegar, 2 tablespoons honey, 5 oz goat cheese (use feta if you prefer), ½ cup dried cranberries, Fresh basil leaves

Preheat oven to 450 degrees. In a small bowl, combine sea salt and olive oil. Dip each sweet potato round in sea salt and olive oil mixture to coat. Place on baking ¼-inch apart. Bake sweet potato rounds for 8 to 10 minutes on each side until golden. In a small bowl combine balsamic vinegar and honey. From oven, transfer cooked sweet potato rounds to a serving tray and top with goat cheese, walnuts, and cranberries. Drizzle with balsamic and honey mixture. Garnish with basil. Serve.

Vegan Sweet Potato, Kale and Chickpea Soup

I am looking forward to trying this recipe from blogger "Cookie and Kate". The recipe includes the ingredient farro which is a very nutritious ancient grain; find it in the bulk food section of the grocery, or look for the Bob's Red Mill product.

Ingredients

2 tablespoons extra-virgin olive oil; 1 large yellow onion, chopped; 2 small to medium sweet potatoes, peeled and diced (or butternut squash); salt, to taste; 2 tablespoons Thai red curry paste (available in the Asian section at most grocery stores); 1 cup uncooked farro, rinsed (or 2 cups cooked whole grains, like wheat berries, spelt berries or kamut); 6 to 7 cups vegetable broth (or a combination of vegetable broth and water); 1 ½ cups cooked chickpeas (or one can of cooked chickpeas, rinsed and drained); ½ roasted red pepper, finely chopped* (SEE ROASTED PEPPER RECIPE ON BACK); ½ small bunch of kale, finely chopped; ½ teaspoon cayenne pepper (optional)

Instructions

1. In a large soup pot, heat the oil over medium heat until shimmering. Stir in the onions and sweet potato and a big pinch of salt. Sauté for five minutes, stirring occasionally, until the onions start to soften.
2. Add the curry paste and stir until the onions and sweet potatoes are coated and the curry is fragrant (about 1 minute).
3. Add the farro and six cups of veggie broth and/or water.

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4. Bring to a boil, then set the timer for 30 minutes, cover the pot and reduce the heat to a simmer.

5. After thirty minutes, uncover the pot and add the chickpeas and red pepper. Taste and season with more salt as needed (if it tastes flat, add more). If you chose to use cooked whole grains, add them now. Cover and simmer for another twenty minutes.

6. Uncover, stir in the kale, add cayenne pepper if desired, and serve.

**Roasted Red Peppers*

Here's Ina Garten's recipe for roasting red peppers.

Preheat the oven to 500 degrees.

Place the whole peppers on a sheet pan and place in the oven for 30 to 40 minutes, until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove the pan from the oven and immediately cover it tightly with aluminum foil. Set aside for 30 minutes, or until the peppers are cool enough to handle.

Remove the stem from each pepper and cut them in quarters. Remove the peels and seeds and place the peppers in a bowl along with any juices that have collected. Discard the stems, peels, and seeds. Pour the oil over the peppers. Cover with plastic wrap and refrigerate for up to 2 weeks.

Roasted Radishes

If you have radishes backing up in your fridge, just a reminder that roasting may be a nice option for you. I roasted a dish for lunch today with a little olive oil and salt for 30 minutes or so in a hot (400 degree) oven. The heat sweetens them up and makes a nice side to your meal.

Nuts on the Farm

This has been an amazing black walnut season, and while we cannot include the abundance of black walnuts in your CSA share, we would be happy to share them with you. Just give us a call and let us know when you would like to come and go walnut-picking. As you probably know, the thick, green husk has to be removed after drying a bit. Then, the shells are cracked and the meaty kernels are carefully removed. High in minerals and healthy fats, black walnuts add a distinctive flavor to salads, cakes, and candies.