

Butterbean Community Farm News

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This week's share:

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|-------------------------------|--------------------------------|
| 1 – choice of herb | 7 – leeks |
| 2 – salad mix | 8 – gourds |
| 3 – bell peppers | 9 – Musquee du Provence squash |
| 4 – kale | 10 – garlic |
| 5 – sweet potatoes | 11 – beauty heart radish |
| 6 – green cabbage OR broccoli | 12 – beets |

Ranked from shortest to longest storage potential.

Field Report

We're excited to present you with a few new vegetables this week.

First off, beauty heart radishes. I love them. Kept in a bag in the refrigerator, they'll still be crisp, tasty, and colorful in March, which is more than we can say for most inhabitants of our fridge. And their deep magenta color makes them a real stunner when added to salads, sandwiches, or slaws.

You'll be receiving some gourds and also a Musquee du Provence winter squash. It's a French heirloom variety that is also known as fairytale squash, and when you see it you'll know why. Not only would they make a beautiful decoration with your gourds, but turns out, they're edible, too! With some of them ringing in at 23 pounds, I know they're intimidating, but if you can successfully cut it in half, you can slice it into smaller moon shaped pieces (leaving the skin on) and roast away. The Jordandal Cookhouse in Verona served fairytale squash alongside chorizo meatloaf and smoked smashed potatoes last fall.

Last but not least, the sweet potatoes in your share this week are the fruits of our participation in the Madison Sweet Potato Project, a project with the dual mission of educating the Madison community about growing food and providing a nutritious storage vegetable for food pantries. Participants received free sweet potato slips, and pledged to donate half of the harvested sweet potatoes to food pantries. So back in June, we picked up 75 beauregard sweet potato slips from the Community Action Coalition offices and planted them out at the farm. On Sunday, Dan's cousins drove up from Chicago and helped us with the harvest. We'll donate 40 pounds of sweet potatoes, and you'll see the others in your share this week. You can read more about the Madison Sweet Potato Project at madisonsweetpotatoproject.org.

Happy eating this week!
Sarah



Dan and his fam, harvesting sweet potatoes

Recipes

Sweet Potato and Pear Latkes

from Farm Fresh and Fast

"This twist on traditional latkes pairs rich, earthy sweet potatoes with succulent pears. The result is a latke with a complex flavor and a strikingly bright orange color."

Ingredients:

- 1 pound sweet potatoes, peeled
- 1 – 2 firm pears, cored
- ½ medium onion, skin removed
- 2 eggs
- 1/3 cup whole wheat bread crumbs
- ¼ teaspoon ground cinnamon
- salt to taste
- ¼ cup dried cranberries
- ½ cup chopped pecans or walnuts
- sour cream or unsweetened applesauce

Preheat an oven to 450 degrees and place 2 nonstick baking sheets in the oven. Grate the sweet potatoes, pears, and onion in a food processor and set aside. In a large bowl, beat the eggs, breadcrumbs, cinnamon, and salt. Stir in the sweet potato-onion mixture. Stir in cranberries and nuts. Mix until blended.

Remove the hot baking sheets from the oven and spray thoroughly with cooking spray. Spoon the latke mixture onto the sheets, forming 2- to 3- inch patties. Bake until golden brown, turning once with a spatula, about 10 minutes per side. Watch closely so they don't burn. Serve with sour cream and/or warm applesauce.

Caldo Verde // Portuguese Kale Soup

from leitesculinaria.com, recipe sent to us by CSA member Mike

Ingredients:

- ¼ cup extra-virgin olive oil
- 10 ounces Spanish-style chorizo, sliced into ¼ inch coins
- 1 large onion, diced (could substitute with two leeks)
- kosher salt
- 2 garlic cloves, sliced
- 6 medium potatoes, peeled and diced
- 8 cups cold water, or half chicken stock and half water
- 1 pound kale or collard greens, thick middle stem removed, and leaves cut into very, very fine julienne (think whisker-thin)
- freshly ground black pepper, to taste

1. Heat the olive oil in a large pot over medium heat. Add the chorizo slices and cook until lightly browned, 3 to 5 minutes. Using a slotted spoon, remove the sausage to a plate. Try to let the sausage drain well into the pot; its fat will flavor the soup.
2. Dump the onions into the pot. Sauté, adding enough salt to bring out their sweetness, until they're translucent and very soft. Sprinkle in the garlic and cook for 2 minutes more.
3. Add the potatoes, cover everything with the water, or the chicken stock-water combo, and bring the soup to a boil. Lower the heat so the soup gently simmers. Cook until the potatoes are almost done, 15 to 20 minutes.
4. When the *caldo verde* is cool enough to handle, purée it using a wand blender. Here's where you have to make a decision: Tradition states that one slice and only one slice of chorizo is added to each bowl. Chef Villa likes to add half the sausage slices to the pot before puréeing. It's your choice.
5. Add the greens to the soup, bring everything back to a boil then

reduce the heat and simmer for 2 minutes. Season with more salt, if needed, and pepper.

6. Ladle into bowls and garnish with the remaining slices of chorizo.

Other cooking ideas and tips:

- Make a slaw with cabbage, beauty heart, and beets.
- Sweet potato fries! Keep them in a warm, dark place for a week or two, and they will become sweeter. Freshly dug sweet potatoes can cure into sweeter potatoes.
- Our friend and CSA member, Mark, makes his breakfast hash browns with a mix of potatoes and sweet potatoes and a dash of turmeric. He bakes them in a pile in the oven, spreading them out at the end to get crispy.
- To *leek* a preserving idea: our friend Evan at 4&20 simply cuts the top and bottom off of leeks, throws them whole in a gallon ziplock bag, and freezes them. He says that because of leeks' low water content, freezing them raw works fine. And because we tend to cook leeks until they're soft anyway, the soft texture of the leeks after thawing them isn't an issue.
- The butternut squash and spinach in the peanut stew recipe from last week could be substituted with sweet potatoes and kale for a twist!

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
sweet potato	cool and dry	•	•	•		•			•	•		•
kale	washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
leek		•		•						•	•	
salad mix					•							
winter squash	room temperature	•	•	•	•	•	•	•	•	•	•	•
radishes	refrigerated	•			•	•			•		•	
broccoli	loosely wrapped, refrigerated	•	•	•	•	•		•	•	•	•	
cabbage			•		•	•	•				•	
herbs			•	•	•		•	•	•	•	•	
garlic	cool and dry	•	•	•	•		•		•	•	•	•
beets	wrapped, refrigerated	•	•	•	•	•		•	•	•	•	

(adapted from *Farm Fresh and Fast*)