



WEEK TWENTY TWO

LET'S COOK

As you read this newsletter, you are either anxiously tracking the polls, or the results are in and you are wondering where we are headed next. One way to curb anxiety during these unprecedented times is to cook something and let the aroma fill your thoughts. So get your hands dirty, get creative, and cook what makes you feel good. I am cutting the storytelling short this week and instead including two recipes. Elizabeth kindly shared the spaghetti with squash & leek parmesan recipe. It looks delicious and I am definitely trying it this week.

Fennel is in! You can use fennel stalks in soups and stews, use them as a bed for roasted meats, in salads, or pickle to use on burgers. Fennel fronds work well as garnish and can be used like other herbs. I am including a drink recipe that uses fennel syrup and compliments citrus flavor very well. Hope you enjoy!

Until next week, Stay Safe Stay Healthy
Ruby



WHAT'S IN THE BOX

- *Strawberries
- *Turnip or Radish
- *Sunshine Squash
- *Fennel
- *Broccoli
- *Red Bell Pepper
- *Leeks
- *Red Potatoes

RECIPE 2

Spaghetti with Squash & Leek Parmesan

Reference: SkinnyTaste.com

- 1 lb butternut or sunshine squash, peeled and diced
- 1 tbsp light butter
- 8oz spaghetti of your choice, or use brown rice pasta
- 1 cup large leek (white part only)
- 2 cloves garlic, minced
- 1/4 cup fresh shaved parmesan cheese
- 4 sage leaves, sliced thin
- Salt and pepper to taste

Bring a large pot of salted water to a boil. Add squash and cook until soft.

Remove squash and with a slotted spoon plane in a blender. Blend until smooth.

Add pasta to the boiling water and cook according to package directions. Reserve 1 cup of pasta water before draining.

In a large deep non-stick skillet, melt the butter, sauté the leeks and garlic over medium-low heat until soft and golden, about 5-6 min.

Add pureed butternut squash, season with salt and pepper, and add a little of the reserved pasta water to thin out to your liking.

Stir in parmesan cheese and sage and mix in pasta until well coated.

Serve with additional parmesan cheese on the side.

RECIPE 1

Fennel Drinks

Fennel Syrup

- 1 quart of fennel fronds and stem, roughly chopped
- 2 teaspoons fennel seeds (do not toast)
- 2 cups water
- 2 cups sugar

Bring water to a boil and remove from heat. Add fennel fronds and let steep for 5 minutes. Add sugar and stir until dissolved. Let stand another 5 minutes. Press through chinois lined with cheesecloth. Cool and store.

You can use the fennel syrup to infuse your favorite cocktail, tea, or hot chocolate. Here is a cocktail recipe:

Fennel Gin Cocktail:

- 3/4 oz lemon juice
- 1 oz Gin
- 1 oz Little Blanc
- 1/2 oz fennel simple syrup
- 1 dash Peychaud's bitters
- 1 fennel frond to garnish

Fill a cocktail shaker with ice and pour the ingredients over it. Shake well

ABOUT CSA CREDIT

Please Note: CSA credit is not transferrable to 2021. Last day to use it is last farmers' market of the year (November 21st).

If you have CSA Credit and would like to use it this season, here are the options and prices.

Please send an email to riverlandfamilyfarms@gmail.com by Saturday 9 pm to place an order to be picked up with your produce box on Tuesday/ Wednesday. All produce subject to availability.

Produce Item	Quantity	Credit Equivalent
Red Potatoes	10 lbs	\$20
Sunshine Squash	14 lbs	\$20
Delicata Squash	14 lbs	\$20
Butternut Squash (available mid Nov)	14lbs	\$20
Sweet Potatoes	7 lbs	\$20
Fresh Ginger	1.25 lbs	\$20
Fresh Turmeric (available mid Nov)	1.25 lbs	\$20
Strawberry	Half Flat	\$20
Strawberry	Full Flat	\$35
Extra Harvest Box upon request	1 box	1 credit