

# What's On The Menu from



## This Week's Produce Share Includes:

- **Broccoli OR Sweet Corn OR Radishes** from V-Greenhouse, Stephen Lambright, and Nature Nook
- **Mixed Summer Squash OR Slicing Cucumbers** from Farmland Supplies, Hidden Spring Farm, and James Otto
- **Delicata Squash** (AKA Sweet Potato Squash) from Farmland Supplies
- **Arugula** from Shrock Family Farm and J. M. Farm
- **German Butterball or Yukon Gold Potatoes** from Hidden Spring Farm, Meadowbrook Farm, Spring Valley Produce, and Malek Family Stewardship Farm
- **Kale** from Shrock Family Farm
- **Anaheim Peppers** (LONG, DARK GREEN TO RED—MEDIUM HOT) from J. M. Farm  
**Sweet Banana Peppers** (LONG, SLENDER, YELLOW/GREEN TO ORANGE—SWEET) "Yummy" Peppers (SMALL, SWEET—BRIGHT COLORS—FEW SEEDS)
- **Thyme OR Italian Flatleaf Parsley** from L & L Greenhouse

## This Week's Basic Four Share includes:

- **Acorn Squash** from Shrock Family Farm
- **Mixed Summer Squash** from Farmland Supplies and Hidden Spring Farm
- **Carrots** from Malek Family Stewardship Farm, Happy Farm, Hidden Spring Farm, and J. M. Farm
- **German Butterball or Yukon Gold Potatoes** from Hidden Spring Farm, Meadowbrook Farm, Spring Valley Produce, and Malek Family Stewardship Farm

This week's Cheese Share includes 1/2# of Parmesan Cheese from Hook's Cheese

## CSA Newsletter—Week of September 14, 2010— "B" WEEK

### Seasons change . . . A month early this year!

As most of you who read the newsletter regularly know, this year has been a challenge for farmers—especially organic farmers. Heavier than average rainfall (farmers in western Wisconsin experienced roughly 45" of rain between June 1 and August 31, the highest on record) combined with the steady high heat and humidity (average temperature between June 1 and August 31 was 85 degrees with 70-80% humidity) gave us a bumper crop of melons, cucumbers, and peppers. Unfortunately, the same weather moved our tomato season up a full month, and shortened it by about the same period.

Within the next 2-3 weeks, we will have organic apples to add to the CSA boxes (Cortland, Honeycrisp, and McIntosh). Once again, we see the negative effect the weather has on organic produce—frost and wet conditions have ravaged organic apples state-wide, and most of the harvest will be classified as "Seconds", which means the apples will have cosmetic defects and a slightly gnarled appearance—especially the Honeycrisp variety.

As further evidence of different weather patterns, the Wisconsin Department of Natural Resources has projected that peak fall colors in Wisconsin will occur sometime between September 15 and September 30, depending on the region, while the normal fall color peak normally occurs between October 15 and October 30. If you plan annual trips to Wisconsin to view the splendid fall colors, it would be wise to schedule your trip in September rather than waiting until October!

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### Items to keep on hand this season:

- Pine nuts or walnuts
- Veggie or seed oil
- Wine or sherry vinegar
- White vinegar
- Chicken or veggie stock
- Lemon juice
- Honey
- Olive oil
- Balsamic vinegar
- Baking supplies—flour, sugar, corn starch, baking soda, baking powder, salt, vanilla
- Butter or your favorite substitute

### Shopping List for this week:

#### **Delicata Squash with Mushrooms and Thyme:**

Thyme (if you don't get it in your box)  
Crimini, Shiitake, or Oyster mushrooms

#### **Chili Rellenos:**

Mozzarella and Monterey jack cheese  
Garlic Egg Milk  
Oregano Corn Meal  
Thyme Parsley or cilantro  
Mild or hot tomato salsa

#### **Stewed Peppers with Tomatoes, Onions, and Garlic:**

Garlic Onions  
Bell Peppers  
Canned chopped tomatoes with juice  
Thyme (if you don't get it in your box)

#### **Buttermilk Mashed Potatoes:**

Heavy Cream Buttermilk  
Unsalted Butter

#### **Oven-Baked Hash Browns:**

Onions Garlic Paprika  
**Arugula, Orange, and Red**

#### **Onion Salad:**

Lemon Juice Navel Orange  
Red Onion

## STORAGE TIPS

**Thyme / Parsley**—put bunch in an open bag on a shelf in the refrigerator

**Peppers**—store in your crisper drawer loose—up to 6 days

**Kale / Bunched Arugula**—wrap entire bunch with damp paper towel and store in your crisper drawer—4-5 days.

**Winter Squash (Delicata / Acorn)**—Delicata squash is the most tender and doesn't store long-term (USE Delicata within 7 days); Acorn squash is an excellent storage squash—store on the counter, or in cool, dry storage until ready for use—up to 2 weeks.

**Summer Squash / Cucumbers**—store loose in your crisper drawer up to 5 days.

**Radishes**—store the entire bunch in the crisper drawer, or top the radishes and store them in an airtight container filled with cold water.

**Broccoli**—store loose in your crisper drawer—up to 4 days.

**Sweet Corn**—store on a shelf in your fridge—up to 4 days.

**Carrots**—store loose in your crisper drawer—spritz lightly with water to keep them crisp—up to 7 days

**Potatoes**—since these potatoes have been chilled in the cooler, they should be stored in your crisper drawer up to 7 days

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## Baked Delicata Squash

<http://www.localsustainability.net/2009/10/classic-baked-delicata-squash-recipe/>

1 Delicata squash  
1 tablespoon Butter  
2 tablespoon Brown Sugar  
2 teaspoons Maple Syrup  
Pinch of salt  
A pinch of fresh ground pepper (optional)  
A pinch of cayenne pepper (optional)  
Preheat oven to 400 degrees F.

Using a strong knife, cut the squash in half lengthwise. Spoon out seeds and stringy bits in the center of each half. (save the seeds for roasting!) Place each half in a baking pan, cut side up. Rub 1/2 Tbsp. butter on the inside of each half. Add a pinch of salt (and black pepper and cayenne if you wish), add 1 Tbsp brown sugar to each half, drizzle each half with maple syrup. Adding a little water, about 1/4 inch, to the bottom of the baking pan will help keep the squash from drying out. Bake for an hour, or until the squash is very soft. When serving, if there is any of the sugary butter sauce left, spoon that over the squash. Serves 2

## Delicata Squash and Mushrooms with Thyme

<http://www.epicurious.com/recipes/food/views/Delicata-Squash-and-Roasted-Mushrooms-with-Thyme-230994>

6 tablespoons olive oil  
1 tablespoon chopped fresh thyme  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
2 lb delicata squash (3 medium), halved lengthwise, seeded, and cut crosswise into 1/2-inch-wide slices  
2 lb mixed fresh mushrooms such as cremini, shiitake, and oyster, trimmed (stems discarded if using shiitakes) and halved (quartered if large)

Stir together oil, thyme, salt, and pepper. Toss squash with 2 tablespoons thyme oil in a shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Toss mushrooms with remaining 1/4 cup thyme oil in another shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Roast squash and mushrooms, stirring occasionally and switching position of pans halfway through roasting, until vegetables are tender and liquid mushrooms give off is evaporated, 25 to 30 minutes.

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## Delicata Delight

Posted by Carole Koch

Cut one delicata squash in half and scoop out seeds. Microwave on high, cut side down, in 1/4-inch of water for about 9 minutes, or until tender. Top with whatever you would use to top a baked potato, such as broccoli and cheddar cheese, bacon bits, sour cream and chives, pasta sauce and Parmesan, spinach and onions, chili ... Use your imagination!

## Winter Squash Bread

Posted by Chris Buss – [www.communityfarms.org](http://www.communityfarms.org)

2 cups all purpose flour	1 teaspoon baking soda
1/2 teaspoon salt	1 teaspoon ground cinnamon
1 teaspoon ground ginger	1/4 teaspoon ground nutmeg
1/4 cup butter or margarine	1 cup sugar
1/2 cup honey	1 egg, plus 1 egg white
1 1/4 cup pureed cooked winter squash (such as delicata or butternut)	

Sift together first six ingredients. Set aside. In a large bowl, mix oil, sugar and honey together until light and fluffy. Beat in egg and egg white. Add squash puree and beat until smooth. Fold in dry ingredients. Turn into a greased 9x5-inch loaf pan. Bake until golden brown and a wooden skewer inserted in the center comes out clean, about one hour. Remove from the oven and let stand in the 10 minutes. Turn out onto a wire cooling rack to cool. Sprinkle with powdered sugar. Variation: Before placing loaf pan in oven, pour 2 tablespoons melted butter over the top and sprinkle with 1/2 cup finely chopped pecans or walnuts.

## Roasted Delicata Squash with Garlic, Cheese & Toasted Nut Stuffing

Posted by Carole Koch – [www.fooddownunder.com](http://www.fooddownunder.com)

2 small delicata squash, halved cross-wise, seeded  
Extra virgin olive oil

Salt and freshly ground black pepper

### Stuffing:

2 teaspoons olive oil	1/2 medium onion, minced	3 cloves garlic, chopped
2 stalks celery, finely chopped	1/2 cup dry sherry	2 cups diced French bread
1/2 to 3/4 cup vegetable stock	2 eggs, lightly beaten	1 cup ground toasted hazelnuts
1/2 cup ground toasted pecans	1 tablespoons chopped fresh thyme	2 teaspoons chopped fresh sage
1/2 teaspoon salt	1 teaspoon freshly ground black pepper	

Preheat the oven to 350 degrees F. To prepare the squash, place it cut-side up in a roasting pan, sprinkle salt and pepper over it, and drizzle the oil over the top. Bake for 35 to 40 minutes.

Meanwhile, heat the olive oil in a medium sauté pan until very hot. Add the onion, garlic, and celery and sauté for about 3 minutes. Add the sherry and cook over high heat until reduced by half. Remove from the heat and let cool completely. When cool, transfer to a medium bowl and add the bread. Toss to mix. Add enough of the stock to soften the bread, and then add the eggs and stir to mix well. Add the hazelnuts, pecans, thyme, sage, salt, and pepper and stir to mix well. Set aside. Remove the squash from the oven. Without removing the squash from the pan, divide the filling among each half, spooning it into the scooped out cavities, and return the pan to the oven. Bake for 30 minutes, or until the stuffing is hot all the way through. Serves 4.

## Chili Rellenos

<http://www.cooks.com/rec/view/0,1657,141179-253192,00.html>

6 Anaheim mild long green chili	2 cup vegetable oil
1/4 lb mozzarella cheese, grated	1/4 lb Monterey Jack cheese, grated
1 teaspoon minced garlic	1/2 teaspoon dried thyme
1/2 teaspoon dried oregano	2 tbsp chopped fresh cilantro or parsley
1/4 teaspoon salt	1/4 teaspoon black pepper
1 egg	2 T milk
1 cup yellow cornmeal	1 cup mild or hot tomato salsa

Make a slit with the tip of a paring knife in the pepper at the cap.

Place the oil in a deep saucepan and heat to a temperature of 375F. Have a bowl of ice water handy.

Fry the peppers a few at a time for about 1 minute, or until the skin is blistered all over. Remove with tongs, and plunge into the ice water.

Repeat until all peppers are fried. When cool enough to handle, gently rub off the skin.

Cut a slit in one side of the pepper, and remove the seeds, keeping the pepper whole. Set aside, reserving the oil.

In a bowl, mix together the mozzarella, Monterey Jack, garlic, thyme, oregano, cilantro, salt and pepper. Gently stuff the mixture into the peppers, securing them with toothpicks. Chill for 30 minutes.

Beat the egg with the milk. Roll the peppers in the mixture, and then roll in cornmeal.

Heat the reserved oil to 375F. Fry the peppers for about 3 minutes, or until golden brown. As you fry, be careful not to crowd the pan.

Remove the peppers from the pan with tongs, drain on paper towels, and repeat until all peppers are fried. Serve immediately, accompanied by salsa, if desired. Serves 6. **NOTE:** The peppers can be prepared up to the point of being dredged in cornmeal and fried up to two days in advance and refrigerated, tightly covered with plastic wrap. Dredge with cornmeal and fry just prior to serving.

## Pico De Gallo Sauce

<http://www.ifeed.tv/recipe/pico-de-gallo-sauce>

3 medium tomatoes, peeled and chopped  
1/2 cup chopped green onions  
1 large fresh Anaheim chili pepper, seeded and chopped  
1 fresh jalapeno pepper, seeded and chopped  
2 teaspoons chopped fresh cilantro or parsley  
1 teaspoon salt

### How to make Pico De Gallo Sauce

In small bowl, combine tomatoes, onions, peppers, cilantro and salt. Cover and refrigerate 5 hours or overnight.

## Stewed Peppers with Tomatoes, Onions, and Garlic

<http://www.nytimes.com/2008/09/24/health/nutrition/24recipehealth.html>

2 tablespoons extra virgin olive oil                      1 medium onion, chopped  
 2 plump garlic cloves, minced  
 3 large red peppers, or a combination of red and yellow peppers, thinly sliced or chopped  
 1 (14-ounce) can chopped tomatoes, drained of some but not all of its juice  
 1 teaspoon fresh thyme leaves or 1/2 teaspoon dried thyme  
 Salt and freshly ground pepper to taste

Heat the oil in a large nonstick skillet or heavy casserole over medium heat, and add the onion. Cook, stirring, until tender, about five minutes, and add the garlic and peppers. Cook, stirring often, for five minutes, and add 1/2 teaspoon salt. Continue to cook for another five minutes until the peppers are tender. Add the tomatoes, thyme, salt and pepper, bring to a simmer. Continue to simmer, stirring from time to time, until the tomatoes have cooked down somewhat, about 10 minutes. Cover, reduce the heat, and simmer over low heat for another 15 to 20 minutes (or longer), stirring from time to time, until the mixture is thick and fragrant. Taste and adjust seasonings. Serve as a side dish, as a topping for pizza, pasta, polenta, rice or bruschetta, as a filling for an omelet, or stir into scrambled eggs. **Yield:** Serves six

**Advance preparation:** The stewed peppers will keep for about five days in the refrigerator.

## Arugula Gnocchi over Fresh Greens

<http://deliciouslivingmag.com/food/recipes/entrees/pasta/arugula-gnocchi-greens/>

1 pound Yukon Gold potatoes, unpeeled	4 ounces fresh arugula
1 cup all-purpose flour	1/2 teaspoon salt
1 egg	1/4 cup olive oil
1/2 cup julienned sun-dried tomatoes	1 teaspoon chopped garlic
2 tablespoons white balsamic vinegar	1 cup water
1 tablespoon chopped fresh parsley	6-8 ounces baby spinach and arugula

Toasted pine nuts, for garnish  
 Shaved Parmesan cheese, for garnish

In a large pot, cover potatoes with water. Bring to a boil; reduce heat and simmer until soft, 40 minutes. Meanwhile, add arugula to another pot of boiling water for 10 seconds. Drain; run under cold water. Pat dry and chop fine. Cool cooked potatoes for 5 minutes, then peel and mash smooth. Combine with chopped arugula, flour, salt, and egg to make a dough ball. Divide into 5 pieces. Roll each piece on a lightly floured surface into a log about 3/4-inch thick. Cut each log into 1-inch pieces. (If freezing, place on a baking sheet and cover tightly with plastic; when frozen, transfer to zip-top bags.) Bring 3 quarts lightly salted water to a boil. Add gnocchi and cook until they float. Drain. In a large sauté pan, heat olive oil over medium-high. Add cooked gnocchi; season with kosher salt and dash of pepper. When browned, turn and cook other side for 2 minutes. Add tomatoes, garlic, and vinegar; cook 2 minutes. Add water; cook 3 minutes. Toss in parsley and taste for salt and pepper. On plates, top spinach and arugula with gnocchi and sauce; garnish with nuts and cheese.

## Kale Pesto

<http://www.homegrown.org/profiles/blogs/kale-pesto-recipe>

One bunch fresh kale	1/2 C. nuts (pine nuts, walnuts, or pecans)
1/4-1/2 C. Extra virgin olive oil	4-6 cloves fresh garlic
Juice of 1/2 lemon (optional)	1/2 C. ground Parmesan cheese
Salt and freshly ground black pepper	

Start with a pile of fresh, washed kale that has been stripped from the stems. Save the stems for soup or stir fry. **Peel** and trim 4-6 cloves of garlic. **Chop:** 3/4 C. of nuts in a food processor. **Add** 1/4 C. of extra-virgin olive oil, garlic and cheese and lemon juice (if using) and process again until it all reaches a similar consistency - but not long enough to make a funky nut butter consistency. Toss kale into 2 quarts of salted water that has reached a rolling boil. Continue cooking until water returns to boiling and kale has softened a bit. Move the kale from the pot to a colander and rinse with cold water until greens are cool to the touch. Using your hands, squeeze the water from the kale and place into the food processor. Process once more until it looks like pesto, adding more olive oil for consistency, and salt and pepper to taste. Serve as a pasta accessory or as a sandwich condiment, zingy dip for vegetables, or any way you add an earthy, garlicky, nutty flavor to something.

## Oven-Dried-Tomato Bruschetta with Almonds and Arugula

<http://www.oprah.com/food/Oven-Dried-Tomato-Bruschetta-with-Almonds-and-Arugula>

for Oven-Dried Tomatoes

3 pounds ripe plum tomatoes, halved lengthwise  
olive oil, to cover

1/4 tsp. kosher salt

for Bruschetta

1 (9-ounce) small baguette, diagonally sliced 1/2 inch thick  
1/2 cup slivered almonds  
3 cloves garlic, finely chopped  
1/4 tsp. kosher salt  
1 cup arugula leaves, very coarsely chopped

3 Tbsp. olive oil  
3 Tbsp. fresh bread crumbs  
3 Tbsp. Italian parsley, chopped  
1/4 tsp. freshly ground black pepper  
1 cup oven-dried tomatoes

To make tomatoes: Preheat oven to 250°. Line 2 baking sheets with wire racks. Arrange tomatoes cut side up on racks. Sprinkle lightly with salt. Bake 8 or 9 hours until tomatoes are shriveled and dry but not hard or crisp. Some tomatoes will dry sooner than others; check every 30 minutes during last 2 hours of baking, and remove them as they are done. Set aside to cool. Place tomatoes in an airtight container and add olive oil to cover completely.

To make bruschetta: Preheat oven to 350°. Arrange bread on a baking sheet. (You should have about 24 slices.) Brush both sides lightly with 1 tablespoon olive oil. Bake until crisp, about 6 minutes per side. Arrange slices on a serving platter. Using the same baking sheet, scatter almonds and bake until fragrant and beginning to color, 8 to 10 minutes. When cool enough to handle, finely chop and place in a small bowl.

In a small skillet set over medium heat, toast bread crumbs, stirring until golden, 3 to 5 minutes. Add 1 tablespoon olive oil and garlic; cook until fragrant, 1 minute. Remove from heat and stir in parsley, salt, and pepper. Add to almonds and stir together until combined. Pat tomatoes dry and coarsely chop. Right before serving, top bread slices with tomatoes and arugula, dividing evenly. Sprinkle on 1 teaspoon bread crumb mixture per toast. Lightly drizzle all with remaining 1 tablespoon olive oil.



## Kale and Olive Oil Mashed Potato Recipe

<http://www.101cookbooks.com/archives/001566.html>

3 pounds potatoes, peeled and cut into large chunks	sea salt
4 tablespoons extra virgin olive oil	4 cloves garlic, minced
1 bunch kale, large stems stripped, leaves chopped	1/2+ cup cream
freshly ground black pepper	
5 scallions, white and tender green parts, chopped	
1/4 cup freshly grated Parmesan, for garnish (opt)	
fried shallots, for garnish (optional)	

Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender.

Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale, a big pinch of salt, and saute just until tender - about a minute. Set aside. Mash the potatoes with a potato masher or fork. Slowly stir in the milk a few big splashes at a time. You are after a thick, creamy texture, so if your potatoes are on the dry side keep adding milk until the texture is right. Season with salt and pepper. Dump the kale on top of the potatoes and give a quick stir. Transfer to a serving bowl, make a well in the center of the potatoes and pour the remaining olive oil. Sprinkle with the scallions, Parmesan cheese, and shallots. Serves 6.

## Buttermilk Mashed Potatoes

<http://www.mashed-potatoes-recipe.com/buttermilk-mashed-potatoes-recipe/>

2 pounds potatoes	1/6 cup heavy cream
1-1/2 tablespoons unsalted butter	1/4 cup buttermilk
salt and pepper	

First you need to peel the potatoes and then cut each on into 4 pieces. If the potato is really big you can make it 6. If you make your pieces smaller the potatoes will cook faster but they will also absorb more water. And we don't want that. Now Put the potatoes into a large pot, cover them with cold water and add salt.

Turn on your stove to the max and bring potatoes to a boil. When they start boiling reduce heat and let them simmer. Potatoes should be cooked in 15 to 20 minutes, try sticking a fork into the biggest potato piece and if it goes in softly they are done. Drain the potatoes and put them back on low heat. This will evaporate most of the water and your mashed potatoes will taste better. Just be careful not to burn them.

Heat cream and butter in a small saucepan so that the butter melts. Or you can just throw the butter into the potatoes, but make sure the cream and buttermilk are warm. Adding cold cream and buttermilk can make mashed potatoes gluey. Add some salt to the mix if needed – taste the potatoes first and some pepper for the taste. Now mash the potatoes and add the cream – butter – pepper mix. Mix in the buttermilk. Make sure you don't over mix and over mash the potatoes. Serves 4.

## Basic Easy Hash Brown Potato Recipe

<http://www.best-potato-recipes.com/hash-brown-potato-recipe.html>

4 large potatoes, washed, unpeeled and shredded  
2 tablespoons butter or margarine  
Salt and pepper to taste  
Water for boiling potatoes

Bring water to a boil in a medium pot. Reduce heat to medium and add potatoes. Cook two or three minutes then drain water from potatoes. Press to remove as much liquid as possible. Melt butter in a skillet on low heat. Add potatoes and cook for about 15 minutes, or until golden brown. Turn hash browns occasionally so they will brown evenly. Season and serve. Serves 4.



## Oven Baked Hash Browns

<http://www.best-potato-recipes.com/hash-brown-potato-recipe.html>

3 large potatoes  
2 medium onions  
1 1/4 cups water  
2 tablespoons olive oil  
1 teaspoon garlic, minced  
1/4 teaspoon paprika  
1 teaspoon salt  
1/2 teaspoon freshly ground pepper

Preheat oven to 400 degree's.

Wash potatoes. Leaving skins on, cut into 1/4 inch cubes. Peel and cut onions into small chunks. Put potatoes, onions and water into a 13" x 9" baking pan. Cover tightly and bake for 25 minutes. Drain well. In a large bowl, combine olive oil, garlic and paprika. Add potato and onion mixture. Toss to coat. Return mixture to baking pan, spreading it out in an even layer. Increase heat to 425 degree's. Return baking pan to oven and bake uncovered for another 20 to 30 minutes, turning every 5 minutes to brown. Add salt and pepper, and serve. Serves 6.



## **Pasta with Arugula and Goat Cheese Sauce**

from *A Complete Menu Cookbook for All Occasions* by Brother Victor-Antoine d’Avila-Latourrette

a bunch of fresh arugula	4 springs fresh parsley
1 8 ounce container low-fat yogurt or sour cream	1/3 cup goat cheese, crumbled
S and P to taste	1 pound fusilli noodles
Grated parmesan cheese, as garnish	

Before preparing sauce, fill a large casserole with water, and bring the water to a boil.

Wash and clean well the arugula and parsley. Dry thoroughly. Trim and chop both the arugula and the parsley. Place the arugula and the parsley in a food processor. Add the yogurt or sour cream, goat cheese, salt, and pepper. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use.

Add a pinch of salt to the boiling water, and cook the fusilli noodles following the instructions on the package. When the noodles are cooked, drain them, and place them in four serving dishes. Pour the sauce evenly over the top of each serving and add some cheese to each dish. Serve immediately. Serves 4.

## **Pasta Arugula**

from Rosemary Webb

1/2 to 1 bunch of chopped arugula (one inch sizes) 3/4 pound of pasta (I used tiny shells) Juice of one half lemon 2 tablespoons of dry white wine 2 cloves of finely minced garlic 3 teaspoons of olive oil 1/8 to 1/4 cup of chicken broth or other mild broth Cook pasta and toss with raw arugula, while the pasta is cooking place the rest of the ingredients in a glass bowl and heat for 1 minute in the microwave. toss everything at once. Salt and pepper to taste. Serve immediately.

## **Arugula, Orange and Red Onion Salad**

<http://www.seasonalchef.com/recipe0106c.htm>

1 bunch arugula, washed and trimmed  
1-1/2 teaspoons extra virgin olive oil  
1/2 teaspoon fresh lemon juice  
1 large navel orange, peel and white pith removed, cut into segments  
4 very thin slices red onion, separated into rings  
Freshly ground black pepper

Drizzle the arugula with half of the olive oil and the lemon juice; toss to coat and divide among 4 salad plates. Arrange the orange segments and onions on top, dividing evenly. Drizzle with remaining oil and season with black pepper. Makes 4 small salads.



## Vegetarian Stuffed Acorn Squash

<http://www.chooseveg.com/stuffed-acorn-squash.asp>

PO Box 6171  
Madison, WI 53716-0171  
Phone: 608-630-7097  
Fax: 608-237-2082  
E-mail: [simplywisconsin@yahoo.com](mailto:simplywisconsin@yahoo.com)

**We're On The Web:**

[www.simplywi.com](http://www.simplywi.com)

Your box the week of September 21st will likely include (**weather permitting**):

**Full/Half Share Boxes:**

Acorn squash  
Arugula  
Broccoli, Sweet Corn, or Radishes  
Mixed Beets  
Carrots  
Kohlrabi  
Onions  
Farmer's choice herb

**Basic 4 Share Boxes:**

Butternut squash  
Arugula  
Broccoli, Radishes, or Sweet Corn  
Carrots

2 acorn squash, seeded, halved lengthwise  
1/2 cup organic brown rice  
1/4 cup wild rice  
2 cups vegetable broth or water  
1/8 teaspoon sea salt  
1-1/2 teaspoon olive oil  
1 small onion, chopped  
1/2 cup diced celery  
1/4 cup pecans, coarsely chopped (you may use any nut of your preference)  
1/4 cup dried apricots, diced  
1/4 cup cranberries  
1/4 teaspoon sea salt  
1-1/4 teaspoons ground ginger  
pinch ground black pepper  
pinch ground cardamom  
pinch ground cloves  
1/2 teaspoon ground cinnamon

### INSTRUCTIONS:

1. Preheat oven to 375° F. Cook both varieties of rice together in broth or water with 1/4 teaspoon of salt (omit salt if broth is already salted).

Meanwhile, place squash halves, cut side down, into a large shallow baking dish or cookie sheet (you may need two). Bake for 30 minutes.

In a skillet, sauté onion in olive oil until it becomes transparent. Add the celery and sauté a couple of minutes. Remove from heat. Using a large mixing bowl, blend this mixture together with the cooked rice, cranberries, nuts, apricots, and remaining seasonings.

When done, remove the partially baked squash from the oven. Spoon out some of the cooked squash and mix it with the rest of the ingredients. Be sure to scrape only a little; you want to leave squash in the shells, too.

Press the rice mixture into each squash cavity, mounding rice as much as possible. (Depending on how large the squash are, you may end up with some leftover rice mixture, which makes a great side dish by itself.) Cover with aluminum foil and bake for 30 minutes or until squash flesh is thoroughly tender.

**Note: Don't discard the nutritious squash seeds.** Instead, rinse the seeds and remove the membrane. Pat dry. Spray a baking sheet with olive oil and spread the seeds evenly on the sheet. Spray seeds lightly with olive oil or with mix with Earth Balance and sprinkle with sea salt or any other favorite seasoning (optional). Bake the seeds in a 375° F. oven for about 15 minutes, or until they're golden brown.