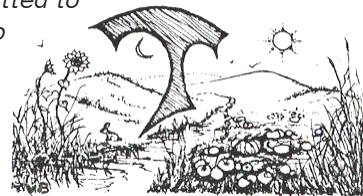


the
Canticle Farm
newsletter

HARVEST TIMES



Canticle Farm is a Certified Naturally Grown farm and is a ministry sponsored by the Franciscan Sisters of Allegany (FSA). Its mission is to reverence, protect, and honor the sacredness of God's Creation. Canticle Farm, a Community Supported Agriculture (CSA) Farm, is committed to connect all peoples, to practice Earth-friendly habits, and to come to a realization of a Creation-centered spirituality.



Recipe ROUNDUP

by Rhonda Berman

Special Bonus Supplement week of October 12, 2009

Recipes continued from week 18 of the Harvest Times.

This is just one of my many versions of coleslaw. This is slightly sweet and delicious.

Pineapple Radish Coleslaw

- 5 to 6 cups of shredded green cabbage
- 3 to 4 radishes, shredded
- 1 cup unsweetened, drained, crushed pineapple
- ¼ cup mayonnaise
- ¼ cup vinegar
- 1 tablespoon sugar
- ¼ teaspoon celery seed

Toss together cabbage, radishes and pineapple. In a separate small bowl, combine the mayonnaise, vinegar, sugar and celery seed. Then combine with vegetables and mix well. Let this set in the refrigerator for one or two hours, then serve. This is best the day it is made.

Here's a recipe that's a little more complicated than how I usually cook. But the end result is worth the extra effort. It's a shareholder favorite from Linda Conklin Taft.

Butternut Squash Soup

- 1 large butternut squash
- 2 tablespoons butter
- 1 medium to large onion, chopped
- 1 medium apple, sliced
- ½ to 1 teaspoon cinnamon
- ½ cup apple juice
- 2 tablespoons brown sugar (optional)
- 1 cup heavy cream
- Salt and pepper to taste

Peel and seed squash. Cut into chunks. Cover squash with water in a pot and cook until tender. Drain and cool.

In frying pan melt butter. Then sauté onion, apple slices, and cinnamon until tender – not browned.

Place cooled squash and apple juice in blender or food processor and puree. Pour puree into saucepan. Add onion, apple and cinnamon mixture. Add brown sugar and bring to a gentle boil.

Stir in heavy cream; cook 2 to 3 minutes on medium heat until soup thickens to bisque consistency.

If it seems too thick, thin with apple juice. Then season with salt and pepper to taste. Serve immediately.

Next, a recipe from Reverend Kristen Allen who says that this is the easiest way she's found to get her children to enjoy Swiss chard. She also suggests that if you like spicy food, you can add some chili peppers when you add the tomatoes. Rev. Allen says this dish is also good with cilantro on top.

Rice & Beans Pie

- 1 cup rice (white or brown)
- 2 teaspoons olive oil, divided
- 1 bunch Swiss chard, chopped (separating leaves and stems)
- ¼ cup water
- 1 small onion
- 1 clove garlic, minced. You may substitute garlic scapes.
- 1 14-ounce can diced tomatoes, drained. Tip: Save the juice for making soup or gravy.
- 1 14-ounce can black beans, drained and rinsed
- 1 teaspoon cumin
- ¾ cup shredded Monterey Jack cheese
- Plain yogurt for garnish (optional)

Cook rice according to package directions.

While rice cooks, heat 1 teaspoon olive oil in a large skillet over medium-high heat. Add stems of Swiss chard and sauté until almost tender, about 5-7 minutes. Then add leaves of Swiss chard and ¼ cup water, cover skillet, reduce heat to medium-low, and cook until leaves are tender, about 5 minutes. Remove lid, cook and stir until any remaining water has evaporated. Remove Swiss chard from skillet and set aside.

Heat 1 teaspoon olive oil in same skillet over medium-high heat. Add onion and cook, stirring, until soft. Add garlic and cook, stirring, for 15 seconds.

Add tomatoes and reduce heat a little. Cook, stirring frequently, for about 5 minutes, until tomatoes are soft and are breaking down.

Add black beans and cumin and stir. Add the cooked Swiss chard and stir well to combine. Remove from heat.

Assemble the pie:

In a large pie plate or quiche pan, put the cooked rice in like a crust, patting it down. Then add the bean-Swiss chard mixture. Top with shredded cheese. To melt the cheese, put the skillet lid on top of the pie for minute, or put the pie under the broiler for a minute.

Serve with a dollop of plain yogurt if you like.

The following recipe is from the Gronemeier family.

White Bean & Kale Soup

2 - 4 slices Canadian bacon
2 tablespoons olive oil
1 medium onion, chopped
3 ribs of celery, chopped
2 medium carrots, chopped
1 clove of garlic, finely chopped
2 15-ounce cans of cannellini beans
6 cups chicken broth
½ teaspoon pepper
1 pound of kale, stemmed & chopped
1 cup (dry) bowtie pasta. Cook separately, according to package directions, while preparing the soup.
Grated Parmesan cheese (optional)

In a large soup pot over medium heat, sauté Canadian bacon. Add oil and cook carrots, onion, celery and garlic for approximately 5 minutes.

Mash 1 cup cannellini beans. Add mashed and unmashed beans, broth and pepper to the ingredients in the pot. Bring to a boil over high heat. Simmer 20 to 30 minutes.

Add kale. Return to a boil, then lower heat and simmer 10 minutes.

Serve in bowls over the pasta. Sprinkle with the cheese.

Now one of my favorite ways to cook carrots as a side dish.

Hot & Spicy Carrots

2-3 tablespoons butter
1 pound carrots, peeled and sliced into rounds
2 tablespoons brown sugar
2 teaspoons dry mustard
½ teaspoon hot pepper sauce. Add more if desired.
Salt to taste

Melt the butter in a saucepan. Add the carrots and sauté for 5 minutes, stirring constantly.

Stir in remaining ingredients and cook for 5 minutes, or until the carrots are tender. Serve immediately.

Here are more recipes for Swiss chard.

Lentils With Vegetables & Sausage

1 onion, chopped
1 tablespoon oil
1 bunch of Swiss chard, washed, dried and chopped
2 medium carrots, chopped
1 16-ounce package of pre-cooked sausage, chopped. I have used low-fat and I also like the spicy bite of the chipotle sausage.
1 cup dry lentils
4 cups chicken or vegetable broth

Sweat onion in oil until soft.

Add Swiss chard to the onion in the pot and keep cooking. Next add carrots to the pot and keep cooking.

Add sausage to the pot and continue cooking. Then add the lentils and the broth and bring to a boil. Reduce heat to a simmer and cook 15 to 20 minutes, or until the lentils are soft.

Swiss Chard And Tomatoes With Rotini

2 cups dry rotini noodles
2 tablespoons oil
3 chopped scallions or 1 small chopped onion
3 tablespoons chopped garlic scapes or 2 tablespoons chopped garlic
14.5-ounce can whole tomatoes, cut up
12 ounce or one bunch of Swiss chard - washed, chopped, with leaves and stems separated
1 cup mozzarella cheese or pizza cheese mix

Fill a 4-quart pot with water. Bring to a boil. Add noodles.

Cook according to the package instructions.

When pasta is done, drain in colander and set aside.

Into the same pot, add oil, scallions or onions, and scapes or garlic.

Cook until soft.

Add the can of tomatoes and Swiss chard stems.

Cook until soft.

Add the Swiss chard leaves and cook about 5 to 10 minutes.

Add the rotini and heat through. Fold in cheese. Just barely stir together. Eat and enjoy.

Variation:

Add some dry basil or fresh chopped basil.

Here's another favorite from Linda Conklin Taft.

Potato Soup

6-8 slices bacon
4 large potatoes, peeled and diced
¼ teaspoon salt
1 onion, chopped
2 carrots, chopped
½ cup butter
¾ cup flour
4 cups milk

Fry bacon until crisp. Crumble and set aside.

In bacon drippings add potatoes, onion and carrots. Then add enough water to cover vegetables. Boil until potatoes are tender.

Meanwhile, melt butter in separate saucepan. Add flour and stir until smooth, cooking about 1 minute. Add milk, blending until smooth, and cook until mixture thickens, stirring constantly.

Add white sauce to cooked vegetables and heat through. For a thinner soup add more milk. Just before serving, add reserved bacon.

Don't forget, for a variety of recipes visit www.canticlefarm.org.

Until next time, eat well, live well!