November 14, 2018

Farm to Go
Fall Harvest Box

Fuji Apples* • 2 lbs. • Martin Family Orchards, Orondo
Apples will last longer if kept in the refrigerator, but can also be left at room temperature. These apples are delicious on their own but also make a great addition to stuffing, salads, pies, and other desserts!

Bartlett Pears* • 2 lbs. • Amador Farms, Yakima & Zillah
Just like apples, pears will last longer if kept in the refrigerator, but can also be left at room temperature.

Cranberries○ • .75 lb. • Starvation Alley, Long Beach
Store in the refrigerator if you plan to use within one week or freeze them for later.

Sweet Potatoes • 2 lbs. • Lyall Farms, Mattawa
Store potatoes in a cool, dark place with good ventilation – don’t refrigerate.

Shiitake Mushrooms® • .5 lbs. • Dog Island Mushrooms, Guemes Island
Store in refrigerator in loosely closed paper bag. Do not wash. De-stem and wipe caps with damp paper towel before using.

Acorn Squash○ • 2 each • Alvarez Organic farm, Mabton
Store for up to a month in a cool, dark place. Only refrigerate after cooked or cut. See the preparation tips for roasting squash.

Onions○ • 1.5 lbs. • Alvarez Organic Farm, Mabton
Store in a cool, dark place with good ventilation.

Butternut Squash○ • 1 each • Alvarez Organic Farm, Mabton
Store for up to a month in a cool, dark place. Only refrigerate after cooked or cut. See the preparation tips for roasting squash.

Bok Choy® • 1 bunch • Lee Lor Garden, Carnation
Store in the refrigerator in a plastic bag.

Savoy Cabbage○ • 1 each • Nash’s Organic Produce, Sequim
Store in plastic bag in the refrigerator

Brussels Sprouts® • 1.5 lbs • Sidhu Farms, Puyallup
Store in plastic bag in the refrigerator. Trim ends, remove outer leaves, and rinse before cooking.

GROWING PRACTICES KEY:
○ No Spray ○ Certified Organic ★ Integrated Pest Management
SPOTLIGHT ON: Cranberries

The cranberry we know and love in sauce form at Thanksgiving has a rich history as old as the land itself. The Algonquin, Chippewa, and Cree, among others, gathered wild cranberries in what is now the northern US and parts of southern Canada for use in dyeing, medicine, and food such as pemmican, a mash of berries, animal fat, and meat that could be stored for months and provided a reliable source of protein and fat during long journeys. European settlers quickly appropriated the cranberry for use in their own dishes, and shortages led to conflicts between settlers and tribes. By the mid-19th century, cranberry cultivation was widespread; modern cultivation has moved from marshes to manmade bogs, which are flooded twice a year during harvest and for weather protection. Cranberries are rich in vitamin C, dietary fiber, and phytonutrients, and have been used to ward off scurvy as well as fight cancer and bacterial...

SPOTLIGHT ON: Winter Squash

You will find two varieties of winter squash in your Fall Harvest Box: butternut, and acorn. It may be hard to believe, but these squashes are actually the same species, just different varieties. Winter squash is an incredibly diverse species as it has been cultivated and domesticated over a vast geography, covering wet and dry areas of Central and North America.

To cook, carefully cut the squash in half and scoop the seeds out into a separate bowl. Place the squash halves cut face down on a roasting pan and roast at 375⁰ until tender (about 20-30 minutes). The seeds make a delicious and healthy snack as well! Just separate the seeds, toss with oil and spices, and lightly toast them in the oven. You can also roast the squash whole if you don’t want to bother with cutting, it will just take a bit longer.

MEET THE PRODUCER: STARVATION ALLEY FARMS

Ten-acre Starvation Alley Cranberry Farms gets its name from the country road leading to its bogs in Long Beach, Washington, which was playfully named “Starvation Alley” during the Great Depression as cranberry farming wasn’t historically a lucrative career. Starvation Alley’s cranberries are certified organic, and by growing organically, one hundred pounds of synthetic chemicals are kept out of the local watershed per one acre bog, per year. But the farm’s commitment to sustainability doesn't end with its own bogs. Cofounders Jared and Jessika incentivize partner farmers in Washington and Oregon to gain organic certification by buying their transitional cranberries during the 3-year certification process, to supplement production of Starvation Alley’s line of cranberry juice. We hope you enjoy the fruits of their labor in your box this week!
MEET THE PRODUCER: LEE LOR GARDEN

Blia, Lee and their son Peter run Lee Lor Garden, an eight acre family farm just outside of Carnation. When living in Laos, Lee farmed rice and corn with his family and has continued his family’s farming tradition here in the Puget Sound. Many of the Lors’ family members farm close by, so they are able to spend time together every day. Their family members are lucky enough to share space in a large greenhouse and cooler. When they are not selling at Pike Place Market, they enjoy growing a wide variety of flowers, fresh herbs, and vegetables. Lee says at their farm it is important to them to use environmentally friendly practices to make sure their soil and farm is healthy for years to come. The Lors started from humble beginnings, but continue to learn and grow as they invest more in their bountiful farm. Enjoy their bok choy as a fresh green splash in this fall box!

Glazed Shiitakes and Bok Choy

INGREDIENTS
1 bunch bok choy
3 tbsp vegetable oil
2 small dry red Chinese hot peppers
.5 lb shiitake mushrooms
1/2 tbsp grated ginger

1/2 tbsp sugar
1 tsp sesame oil
2 tbsp tamari or soy sauce
Salt and freshly ground pepper
Optional:
3 scallions sliced diagonally, for garnish

Bring a large pot of salted water to a boil. Cut off and discard stem ends of bok choy. Separate leaves, rinse and drain. Drop leaves into boiling water and cook 1-2 minutes, until barely cooked. Immediately remove, rinse with cool water, drain and pat dry. Arrange leaves in one layer on an ovenproof platter, then set aside.

Put a large wok or skillet over high heat. Add oil and heat until nearly smoking, then add hot peppers and shiitakes, stirring to coat. Season lightly with salt and pepper. Stir-fry for 2 minutes. Reduce heat slightly and add garlic, ginger, sugar, sesame oil and tamari. Stir-fry for 1 minute more.

Spoon shiitake and pan juices over the cooked bok choy. Serve at room temperature, or reheat covered with foil for 10 minutes in a hot oven. Garnish with scallions and sesame seeds, if using.

Spiced Apple-Cranberry Sauce

INGREDIENTS
3/4 lb fresh cranberries
1 cup chopped apple
1/2 cup packed light brown sugar
2 1/2 tablespoons apple cider
1/2 teaspoons ground cinnamon
1/4 teaspoons ground cloves
1/4 teaspoons ground nutmeg

DIRECTIONS
Heat oven to 400 degrees.

In a large bowl, combine the oil, sugar, nutmeg, 1 tsp salt, and 1/2 tsp pepper. Stir in the cumin and cinnamon. Add the sweet potato wedges and toss to coat.

Transfer to a large rimmed baking sheet and arrange in a single layer. Roast, turning once, until edges are dark brown and the wedges are crisp, about 1 hour.

Serves: 6-8

Adapted from: https://www.cookinglight.com/recipes/spiced-apple-cranberry-sauce
Roasted Acorn Squash and Sweet Potato Soup

**INGREDIENTS**
- 1 acorn squash
- 3 small sweet potatoes
- 2-3 tablespoons olive oil
- 1 medium onion
- 1 teaspoon garam masala
- 3/4 teaspoon ground ginger
- 3 1/2 cups veggie or chicken broth
- 1 can coconut milk
- Salt and pepper to taste

**DIRECTIONS**
Preheat oven to 400 degrees. Slice squash in half, remove seeds, and drizzled with 1-2 tbsp. olive oil. Slice sweet potatoes in half lengthwise, drizzle cut side with olive oil. Place squash and sweet potatoes cut side down on baking sheet and roast for ~45 minutes until both are soft. Remove skins when cool enough to handle.

Meanwhile, heat 1 tbsp. olive oil in medium-sized soup pot. Add onion and sauté over low heat until translucent. Add ground ginger and garam masala and cook for additional minute or two, stirring constantly, until fragrant. Add the broth, roasted squash, and sweet potato.

Bring soup to low simmer, cover, and cook for 10-15 minutes. Puree in a blender and return to heat. Add coconut milk and stir until well combined. Season to taste with salt and pepper.

Serves: 6
Adapted from: https://www.abeautifulplate.com/roasted-acorn-squash-and-sweet-potato-soup/

Sausage and Apple Stuffed Acorn Squash

**INGREDIENTS**
- 2 acorn squash, halved
- Olive oil
- Salt & Pepper
- 1 lb ground sausage (or substitute)
- 1 small onion, finely chopped
- 2 large celery stalks, finely chopped
- 2 apples, diced
- 1/2 teaspoon sage
- 1 cup bread crumbs (like Panko)

**DIRECTIONS**
Heat oven to 400 degrees. Use a sharp knife to cut off each end of the acorn squash, removing as little as possible. Then cut into the squash into top half and bottom half. Spoon out seeds and brush inside of squash with olive oil, then sprinkle salt and pepper over squash to taste. Bake for 40 minutes-1 hour, until squash is tender enough to pierce with a fork.

While the squash is baking, sauté the sausage for 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible. Keep grease from the sausage to sauté onions and celery in pan. Add apples and sauté until softened. Stir in sage and bread crumbs, then 3/4 cup of parmesan and stir until cheese begins to melt. Set aside.

Once squash has finished baking, spoon in the sausage and veggie mixture. Return to oven and bake an additional 15-20 minutes. Remove from oven and top with remaining parmesan cheese.

Serves 4
Adapted from: https://cherishedbliss.com/sausage-and-apple-stuffed-acorn-squash/
### Pear, Cranberry, and Gingersnap Crumble

#### INGREDIENTS

**For the crumble:**
- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 3 tablespoons packed dark or light brown sugar
- 1 cup gingersnap crumbs (about 16 storebought cookies)
- 1/8 teaspoon ground ginger
- 1/8 teaspoon table salt
- Pinch of white pepper, especially if your gingersnaps aren’t particularly snappish
- 1/2 cup (1 stick) unsalted butter, melted and cooled

**For the filling:**
- 2 pounds (about 4 to 5) large ripe pears, peeled, halved, cored and sliced 1/4 inch thick
- 1 1/2 cups fresh cranberries
- 1 tablespoon lemon juice
- 1/2 teaspoon finely grated lemon zest
- 1/2 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch

#### DIRECTIONS

Preheat the oven to 350°F. Stir together the flour, granulated sugar, brown sugar, gingersnap crumbs, ginger and salt. Stir in the melted butter until large crumbs form.

In a 1 1/2 to 2 quart baking dish, mix the pears, cranberries, lemon juice, lemon zest and vanilla. In a small bowl, whisk the sugar and cornstarch together then toss it with the fruit mixture in the pan.

Sprinkle the gingersnap crumble over the fruit. Set the crumble on a foil-lined baking sheet and bake it for about 45 minutes, until the crumble is a shade darker and you see juices bubbling through the crumbs.

Adapted from: https://smittenkitchen.com/2011/10/pear-cranberry-and-gingersnap-crumble/

### Sautéed Shredded Cabbage and Squash

#### INGREDIENTS

**For sauté:**
- 2 tablespoons olive oil
- 1 lb acorn or butternut squash, Peeled and shredded
- 1/2 cup chopped onion
- 3/4 lb green cabbage, shredded
- 2 garlic cloves, minced
- 2 teaspoon chopped sage
- 2 teaspoon chopped thyme

**For gratin (optional use of veggies):**
- 3 eggs
- 1/2 cup low-fat milk
- 1 cup cooked barley, brown rice, or quinoa
- 2 ounces Gruyere, grated

#### DIRECTIONS

Heat 1 tbsp. olive oil in a skillet or wok, then add the onion. Cook, stirring, for ~3 minutes or until soft. Add the shredded squash and garlic, and a pinch of salt. Cook, stirring often, about 10 minutes, then add the remaining oil, the cabbage, sage, thyme, and salt and pepper. Continue to cook and stir until veggies are tender and fragrant. Serve with grains, or use the vegetables for the gratin below.

If making gratin, preheat oven to 375 degrees and oil a 2-qt baking dish. In a large bowl, whisk together eggs and milk. Add salt & pepper to taste, and stir in cooked grains and veggies. Add cheeses and stir everything together, then scrape into baking dish.

Bake 40 to 45 minutes or until top is lightly browned and gratin is set. Cool for 15 minutes or longer before cutting into wedges and serving.

Adapted from: https://cooking.nytimes.com/recipes/12304-sauteed-shredded-cabbage-and-squash
Sourdough Stuffing with Mushrooms, Apples, Sage

**INGREDIENTS**

- 1 loaf crusty sourdough bread, cut into 1/2 inch cubes
- 3 tablespoons unsalted butter
- 1 large onion, diced
- 4 ribs celery, chopped
- 3 cups mushrooms, sliced
- 4 apples, cored and chopped
- 3 cups vegetable broth (or other)
- 2 large eggs
- 1/3 cup chopped sage leaves
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon freshly ground pepper

**DIRECTIONS**

Heat oven to 300 degrees. Evenly spread bread cubes out on two baking sheets and bake for 15 minutes, or until bread is dried but not browned. Transfer bread cubes to a large bowl.

Meanwhile, in a large skillet, heat butter over medium-high heat. Add onion, celery, mushrooms, and apples. Cook until vegetables and apples are soft, about 10 minutes. Add the mixture to the bread and stir to combine.

In a medium bowl, whisk together the vegetable broth and two eggs. Pour the broth mixture over the bread and stir to combine. Make sure all of the bread cubes are well coated with the liquid. Season with sage, salt, and pepper, and stir well.

Pour stuffing into greased 9 x 13 pan. Bake at 350 degrees for about 45 minutes, or until the stuffing is lightly browned and crisp on top. Remove from the oven and serve warm.

Adapted from: https://www.twopeasandtheirpod.com/sourdough-stuffing-with-mushrooms-apples-sage/

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Balsamic Braised Brussels Sprouts

**INGREDIENTS**

- 3/4 cups fresh bread crumbs
- 2 teaspoons thyme leaves
- 2 tablespoons olive oil
- 4 tablespoons unsalted butter
- 2 lbs medium-sized brussels sprouts, washed and trimmed
- 6 ounces pancetta in small dice (1 1/2 cups)
- 3 tablespoons minced shallots
- 1 tablespoon minced garlic
- 1/2 cup balsamic vinegar
- 1 1/2 cups vegetable or chicken broth, or veal stock
- 2 tablespoon chopped parsley

**DIRECTIONS**

Heat oven to 350 degrees. In a bowl, mix bread crumbs and thyme with a couple glugs of olive oil, and spread on cookie sheet. Toast, tossing frequently until golden brown, 10 to 12 minutes.

Heat butter and remaining olive oil in a large skillet over medium-high heat until foamy. Add brussels sprouts, sprinkle with salt and pepper, and sauté, tossing frequently, until lightly browned, about 7 to 10 minutes. Add diced pancetta, and sauté, tossing frequently, until sprouts are well browned and softened slightly, and pancetta is crisp, about 10 to 15 minutes more. Reduce heat, add shallots and garlic, and sauté until fragrant, 2 minutes.

Increase heat to high, add balsamic vinegar and stock, and cook, tossing frequently, until sprouts are glazed and tender, about 20 minutes; add more stock if needed. Taste, adjusting seasoning if necessary, and sprinkle with chopped parsley. Transfer to a warm serving bowl and scatter bread crumbs on top.

**Serves:** 6-8 as a side