

NOVEMBER 2009  
**Thanksgiving Box**

from  
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## Recipe for Celebration

Ummm (lips tight together, eyes closed in concentration), Ahhh (a deep, satisfying resonance), and ummm again... These are the responses to food that's just so delicious words themselves don't suffice. If you saw the movie "Julie & Julia", you heard Julie's friends utter these phrases every time they sat down at one of her tasting meals. The recipes below have conjured these guttural replies from us when we've tasted them. But the food itself, while oh so good, is not the only ingredient to a scrumptious meal. It's our experience that great food with strong connections from farm to pallet create a deep and satisfying resonance throughout our whole being. While we provide delicious vegetables and some good recipes here, be sure to fill your Thanksgiving feasting with **all** the important ingredients to eating and celebrating well whether it be with family, friends, or folks who don't have family to celebrate with themselves. May your Thanksgiving celebration be full of deep, resonating Ummms and Ahhs

~ Jan & Tim

**Box contents:** Winter squash, Carrots, Onions, Yukon Gold Potatoes, Sweet Potatoes, Beets, Garlic, Lettuce, Fresh herbs

### Four recipes to add to your celebration

#### Salsa Verde for Potatoes

6 Tbsp. Olive oil  
3 Tbsp. Capers, drained and coarsely chopped  
2 Tbsp. Parsley, chopped  
2 medium Garlic cloves, pressed or minced  
1 ½ tsp. Lemon juice  
½ tsp. Lemon zest finely grated  
1/8 tsp. Kosher salt  
Pinch of red pepper flakes

*Combine the ingredients in a small bowl and whisk to mix well. Set aside for 15 to 30 minutes, to allow the flavors to meld. Toss with hot roasted, steamed, or boiled potatoes. (best if roasted.)  
Salt to taste, if needed.*

#### Penny Carrot Salad *(from A Taste of Belmond)*

2 lb. sliced carrots, cooked  
1 Onion, diced  
1 Green Pepper, diced  
1 can Tomato soup  
1 C. Sugar  
½ C. Salad oil  
¾ C. Vinegar  
1 t. Worcestershire sauce, 1 t. Mustard

*Mix together vegetables. Combine remaining ingredients and mix well. Pour over vegetables. Serve cold as a salad.*

*NOTE: Keeps for two weeks in refrigerator*

## **Black Bean Squash Soup**

2 C. Black beans - soak, drain/rinse, and cook until tender  
2 C. diced tomatoes  
2 C. squash, cooked and mashed  
½ cup red onion, chopped  
2 cloves garlic, minced  
4 cup vegetable broth  
4 Tbls. Olive oil  
1 Tbl. Each salt, cinnamon, allspice  
1 tsp. ground pepper  
3 Tbls. Balsamic vinegar  
Baked pumpkin seeds, for garnish

*Place oil, red onion, garlic & seasonings into a large pot. Cook on low-medium heat until red onion and garlic brown.*

*Puree the beans and tomatoes with half the vegetable broth. Add pureed ingredients, pumpkin, and rest of broth to your pot. Simmer uncovered until thick, about 40-45 minutes. Before serving, stir in balsamic vinegar. Garnish with baked pumpkin seeds.*

## **Creamy Garlic Dressing** *(Moosewood Restaurant Cooks at Home)*

**3 Garlic cloves, minced**  
**¾ C. Vegetable oil**  
¼ C. Red wine vinegar  
1 T. fresh Basil, chopped (1 t. dried)  
1 t. Salt  
1 T. Parmesan cheese, grated  
½ t. coarsely ground Black pepper

*Blend for a couple of seconds. While blender still running, slowly add*

*½ C. milk*

*Whirling until the dressing is thick and smooth. Covered and refrigerated, this dressing will keep for a week*

*Serve over fresh greens or boiled potatoes.*

### **Thanksgiving Praise for the Farm**

*We dream in the winter and dig in the spring.*

*In charge of us all, the farm says what it needs.  
Oh, the work from such tiny seeds!*

*So swiftly comes fall and the taste of it all.  
We think on long days and  
the laughs and the tears.  
How quickly that passes year after year.*

*Now in the fall we pause to reflect  
Sun and soil bring sweat and toil  
Fresh and green...and orange and purple...  
tan and white and oh so bright.  
The food from here reaches you over there.  
This fresh way to eat just can't be beat.*

*So on this special day, all gathered 'round,  
we make a commotion for this  
life sustaining motion.*

*JL2009*