

A Well Fed Seed

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Week of October 17th

SWEET POTATO STEW

Make 1½ cups white or brown rice using 3 cups of water.

olive oil
4 cloves garlic, chopped
2 bell peppers, chunked
1 large onion, chopped
1-2 tablespoons fresh ginger, chopped
½ teaspoon ground allspice
¼ teaspoon ground red pepper
4 cups broth (chicken or vegetable)
2-3 sweet potatoes, peeled and chopped

Heat 1 tablespoon olive oil. Sauté garlic, bell peppers (or whatever comes in the share this week), and onion.

Once softened stir in ginger (I tend to micro-plane mine rather than chopping it), allspice, and red pepper. Add to this the broth and sweet potatoes. (You want the sweet potatoes in chunks that are bite sized but not so small that they will fall apart on you.)

Reduce the heat to low and simmer for 15 minutes.

1 cup boiling water
½ cup natural peanut butter
⅓ cup tomato paste
1 (14 oz.) can chickpeas, drained
1 lb. of fresh spinach, chopped

In a separate bowl whisk together boiling water, peanut butter and tomato paste. (I use adobo from Chipotle Chiles sometimes to turn up the heat.) Add this sauce to the pot along with chickpeas and spinach. (Could use 1 package of frozen spinach thawed and drained, or I substituted sweet potato greens.)

Heat the whole thing back up and serve this over the rice.

FROM: Liz, CSA Member

REMINDER: END of MARKETS

If you pick up your share at the Worthington, Clintonville, Wexner, or Bexley markets, you will need to choose a new pickup location beginning next month.

PEAR and BLUE CHEESE TART

1 package frozen puff pastry
4-6 oz. crumbled blue cheese
1 cup finely chopped walnuts (optional)
1-3 pears (depending on size), halved and thinly sliced
2 tablespoons butter, melted

Thaw puff pastry and preheat oven according to package directions. Spray 9-10" tart or pie pan with non-stick cooking spray. Line pan with puff pastry dough, fold over crust as needed. Lightly fork dough all over.

Spread cheese and walnuts in an even layer over pastry. Arrange pear slices attractively in layer over walnuts. Brush melted butter on exposed dough and pear slices.

Bake according to package directions until cheese is bubbly and crust is golden brown. Serve warm or at room temp, as an appetizer or a side.

(Can substitute sharp cheddar and apples.)

FROM: Liz, CSA Member

It's time to renew for 2012! Sign up online today!

We have enjoyed feeding you, your friends, and your family for the last 18 weeks. And while there are still many weeks left of the 2011 CSA, it's time to think about 2012. Visit our online store and process your order today. Payment will be due in full no later than March 1, 2012.

Thanks for being part of the Wayward Seed family!