

A Well Fed Seed

www.awellfedseed.wordpress.com

Week of November 7th

OHIO FARM FRESH THANKSGIVING

The time of year is upon us once again to think about cooler weather, fall vegetables, and Thanksgiving.

This year, we'll offer an "Ohio Farm Fresh Thanksgiving" CSA. Included in the CSA is:

- One Free Range Pasture Turkey or One Winter Squash
- Red Norland and/or Gold Rush Potatoes
- Beauregard Sweet Potatoes
- Tadorna Leeks
- Savoy Cabbage
- Watermelon, Black Spanish and/or Daikon Radishes
- Chioggia and/or Merlin Beets
- Gold Ball, Purple Top and/or Scarlett Queen Red Stem Turnips
- Kossak Kohlrabi
- Orion Fennel
- Kale
- Braising Greens
- Salad Greens
- Conquistador Celery
- Rossa di Milano Onions
- Pate Brisee Pie Crust
- Winter Luxury Pie Pumpkin
- Butternut and Thelma Sanders Sweet Potato Winter Squash
- Gold Rush Apples
- Herbs

Along with your farm fresh fixings, you will receive a 2012 Thanksgiving tote, recipe ideas, and a complete list of ingredients.

The cost is \$160 for Turkey and \$130 for Winter Squash. Payment is due at the time of reservation. Your CSA can be picked up on Saturday, November 19th between 8:00am and 12:00pm at the North Market.

For more information or to reserve an "Ohio Farm Fresh Thanksgiving CSA" please visit us Saturday mornings at North Market, contact Jaime at 937.644.0786, or visit our website at www.waywardseed.com.

REMINDER: SHAREHOLDER MEETING

Don't forget... Our first annual Wayward Seed shareholders meeting is this Thursday from 6-8:30PM at the North Market.

Members only, please. The North Market is located at 59 Spruce Street, Columbus, Ohio 43215.

SHREDDED DAIKON with SCALLIONS and SESAME SEEDS

1½ pounds daikon
1 bunch scallions, including firm greens
1 tablespoon sesame seeds
1 tablespoon light sesame seed or vegetable oil
1 teaspoon dark sesame oil
sea salt
soy sauce

Coarsely grate the daikon or cut into matchsticks. Slice the scallions on the diagonal into large pieces.

Heat nonstick skillet and toast sesame seeds, shaking often, until they smell good, about 3 minutes. Pour them into a dish, return pan to heat, and add oils. Add scallions, cook for 1 minute, and add daikon. (If it feels wet, squeeze it before adding to the pan.) Season with ½ teaspoon salt, sprinkle lightly with soy sauce, and sauté over high heat, stirring occasionally for 5 minutes. Taste for salt, add more soy if needed, toss with sesame seeds, and serve.

FROM: Local Flavors, by Deborah Madison
SERVES: 2-4

WINTER SQUASH BRAISED in APPLE CIDER

2 pounds squash, peeled and diced	2 cups apple cider
2 tablespoons unsalted butter	salt and pepper
2 tablespoons finely chopped rosemary	apple cider vinegar

Melt butter in wide skillet and add rosemary. Cook over medium heat to flavor butter. After 3 minutes, add squash and cider, plus water to cover. Bring to boil, add ½ teaspoon salt, and simmer until tender, 20-25 minutes. (Juice will have reduced to make glaze. If not, raise heat and reduce it quickly.) Sprinkle on a teaspoon of vinegar and taste for salt. Add additional vinegar if needed and season with pepper.

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