

A WELL FED SEED

a newsletter to and for our csa members

Week of September 21st

Hanging on to summer

Fall is fast approaching but were still clinging to the best bits of summer with loads of fresh tomatoes, peppers, and herbs.

tips for making the most of your csa

Q: How should I store basil?

A: Basil doesn't like to get too cold. Stored in the fridge it often gets too cold and browns quickly.

B: If I am planning on using mine throughout the week I leave it on the counter. I place the stems in a small jar of water and cover the basil, jar and all with a plastic bag

C: I also love to freeze basil, either lightly blanched and frozen whole or as pesto and frozen in ice cube trays for a quick addiction to soups and stews in the winter

*"I love love love love love
kale!"*

Vivian, 4yr old CSA

Member



Peppers of Waywar

- Braised Romano Beans with Potatoes and Tomatoes
- Watermelon Chips
- Cream of Celery Soup
- Chili Relleno Casserole
- Harvest Salad with Kale and Delicata



Lacinato kale

BRAISED ROMANO BEANS WITH POTATOES AND TOMATOES

3 tablespoons Extra Virgin Olive Oil

1 onion, minced

3 cloves of garlic, minced

1/2 pound plum tomatoes, grated with juices

1 pound Romano beans

1/2 pound potatoes, cut into 1 inch chunks

1 1/2 cups water

Kosher or sea salt

1. Heat the olive oil in a large pot over moderately low heat. Add the onion and garlic and sauté until the onion is soft and sweet, about 10 minutes. Add the tomatoes, oregano, and a generous pinch of hot pepper flakes. Raise the heat to moderately high and cook, stirring, until the tomatoes soften and form a sauce.

2. Add the potatoes, beans and water and season with salt. Bring to a simmer, then cover and adjust the heat to maintain a gentle simmer. Cook until the beans and potatoes soften, about 30 minutes

3. Taste and adjust the seasonings if needed.

WATERMELON CHIPS

Drying watermelon makes a super tasty treat! The concentrated flavor tastes just like candy. I like to lightly salt my watermelon before I dry it to enhance the flavor.

Peel and slice watermelon into 1/4 inch thick slices, about the size of tortilla chips. Place slices in a food dehydrator overnight or on parchment-lined baking sheets in the oven at its lowest temperature for 2-4 hours. Check for doneness. You can dry until they are crisp or leave them slightly chewy.

recipe from
www.thekitchn.com



Candy onions

CREAM OF CELERY SOUP

1/2 cup (1 stick) unsalted butter

10 pale-green inner ribs celery, coarsely chopped (about 3 1/2 cups)

1/3 cup coarsely chopped shallots

1 small russet potato (about 6 ounces), peeled and cut into 1/2-inch cubes

Coarse salt

6 cups homemade or low-sodium store-bought chicken stock

1/4 teaspoon plus a pinch of freshly grated nutmeg

1/4 cup heavy cream, or to taste

Pale-green celery leaves, for garnish

Melt butter in a large saucepan over medium heat. Add celery, shallots, potato, and a pinch of salt. Partially cover; cook, stirring often, until vegetables are soft but not browned, about 15 minutes.

Add stock; bring to a simmer. Reduce heat to low; cover, and cook 30 minutes. Stir in nutmeg. Let cool.

Puree soup in a blender or food processor in batches until completely smooth.

Return soup to pan; stir, and season with salt. Just before serving, heat soup over medium heat (do not boil). Stir in cream, and serve topped with toasted baguette slices; garnish with celery leaves.

Recipe from Martha Stewart



celery

Chili Relleno Casserole

8 Corno di Toro peppers

1 1/2 cup shredded Monterey Jack cheese

5 eggs

2 cups milk

Salt and black pepper to taste

1/2 teaspoon paprika

1/4 teaspoon cayenne

Peel and seed peppers: Halve peppers and place skin side up under broiler. Roast about 10 minutes until skins blacken. Remove and place into a covered bowl for 10 minutes. Skins should slide off easily.

Preheat oven to 325 degrees.

Mix together eggs, milk, salt, pepper, paprika and cayenne.

Add a single layer of chilies on the bottom of a 9 x 13-inch baking dish.

Top chilies with half the grated cheese.

Repeat with another layer of chilies and another layer of cheese.

Pour egg mixture all over the top.

Place into a larger baking dish or rimmed baking sheet. Pour hot water in the large pan so it comes up to the level of the eggs and bake for 35 to 40 minutes, or until no longer jiggly.

Cut into squares and serve with warm corn tortillas!

Recipe found on Pioneer Woman

HARVEST SALAD WITH KALE AND DELICATA

For the squash

2 delicata squash

3 tablespoons olive oil

1/2 teaspoon sweet paprika

1/2 teaspoon chipotle powder

1/4 teaspoon sea salt

For the salad

1/2 cup red quinoa

3/4 cup water

1 bunch lacinato kale, ribs removed and sliced into ribbons

Zest and juice of 1 lime

5 tablespoons olive oil

2 teaspoons maple syrup

1 teaspoon ground cumin

1/2 teaspoon ancho powder

2 small garlic cloves, pressed or minced

Sea salt

1/2 cup toasted shelled pepitas (sunflowers or pine nuts also work well)

1/2 cup dried cranberries

1/2 cup crumbled cotija cheese

Preheat the oven to 400 degrees. Slice the squash halves into crescents. In a large mixing bowl, combine the 3 tablespoons of olive oil with the paprika, chipotle powder, and sea salt. Toss the squash with the oil mix. Arrange the squash in a single layer on a baking sheet. Roast until browned and tender, turning once, about 15 minutes. Set aside.

In a small pot with a lid, add the quinoa, water, and a pinch of salt. Bring to a boil, covered, then reduce heat to low and simmer until the water has been absorbed, about 15 minutes. Set aside to cool

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Contact Us

Questions? Comments?

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While the squash roasts, prepare the dressing. Whisk together the lime juice and zest, 5 tablespoons olive oil, maple syrup, cumin, ancho chile powder, garlic cloves and a pinch of sea salt. In a large mixing bowl, toss the dressing with the kale, working it into the leaves with your fingers. Set aside.

To make the salad, combine the quinoa, pepitas, and cotija cheese with the dressed kale. Top with the delicata squash and cranberries. Serve at room temperature.

Adapted from *A Year in Food*