



A Place on Earth CSA Notes 102120

In your share this week:

Broccoli; Carrots; Mixed Greens; Daikon Radish; Turnips; Head Lettuce; Sweet Potatoes; Butternut Squash; Green Beans; Potatoes; Peppers; Eggplant; Garlic; Onions; Cherry Tomatoes; Kale; Cilantro

Sweet Potatoes: I mentioned last week that sweet potato season is one of my culinary favorites, since I love them so much and have lots of wonderful recipes to use them in ways other than roasting. Here is one that I like a lot because I have a waffle iron, and the sweet potato waffles make a wonderful dish for both sweet and savory parts of the meal. You could also cook them as pancakes.

Nutty Sweet Potato Waffles: These muffins work for breakfast, lunch, or dinner. They are a substantial waffle, not necessarily for syrup, and might go well with honey-sweetened yogurt. This recipe is adapted from "Simply in Season," by Mary Beth Lind and Cathleen Hockman-Wert.

½ cup butter, melted
2 cups sweet potatoes, cooked and mashed
6 eggs, beaten
2 cups milk, stirred into cooled butter, eggs, and sweet potatoes
1 cup whole wheat flour
1 cup rolled oats, finely ground in blender
1 cup walnuts, pecans, or hazelnuts, finely ground
2 tablespoons baking powder
2 teaspoons salt.

Sift together dry ingredients into the sweet potato mixture. Mix until combined. Bake in hot waffle iron.

*I made a half recipe, which yielded 5 eight-inch waffles. I mixed all wet ingredients plus the nuts in the food processor and poured wet into dry ingredients. These waffles were not very sweet, but when re-heated in the oven or waffle iron and smeared with butter, peanut butter, or sweetened yogurt they are delicious, and substantial enough to be a filling breakfast. They are also good as a bread with any dish.

Another Sweet Potato Soup: This one is not very pretty. It's made from pureed cooked sweet potatoes plus an excellent protein source: red lentils, the lentils that fall apart and just become

part of the soup like they're not there at all, yet add the protein and stick-to-your-ribs holding power that keeps you from getting hungry between meals. It is also easy to make and packs a wallop of nutrition. I put meal-sized leftovers in individual containers in the freezer for a quick lunch or dinner when I absolutely do not feel like cooking.

Funny (true) story about this soup: I once made it with purple sweet potatoes, and the color was absolutely vile—sort of army green—so bad I couldn't get it to my mouth and swallow it. I knew it was good, and amazingly healthy, and hated to throw it out. Long story short, my friend had throat cancer and could only get nutrition through a stomach tube. I gave it to his wife to feed him through the tube, and he grew healthy & satisfied with this delicious soup, but I warned her to never let him see it :-}

Red Lentil & Sweet Potato Soup

1 onion, chopped
2 tablespoons olive oil
1 cup red lentils
3 cups water
1 large, sweet potato, peeled and cut in chunks
1 teaspoon, each, fennel seeds, cumin seeds, cardamom seeds, brown mustard seeds, and cinnamon
2 tablespoons fresh ginger, minced
3-4 cups vegetable or chicken stock
¼ cup roasted cashews mixed with 1 cup water
2 tablespoons toasted sesame oil
2 tablespoons soy sauce, optional
Salt and pepper to taste

Grind spice seeds, if possible. Bring lentils and 3 cups water to a boil: simmer for about 15 minutes. In a soup pot, brown onion, and spices in oil until fragrant. Add ginger and stock, along with sweet potato chunks. Bring to a boil and simmer until sweet potatoes are tender. Add lentils, cashews, sesame oil and soy sauce, if using. Process until very smooth in a food processor or immersion blender. If too thick, add water to obtain the right consistency. Serve in bowls, garnished with an assortment of coconut, raisins, curry powder. Serves 6-8. (Freezes well.)

Recipe adapted from one by my friend John Borders.

Endless Salad: I probably hinted at this technique in the spring when our “mixed greens” were also plentiful, but I use them as the base for a salad that will last for 3-4 meals without wilting much, or as a part of a “Food Bowl.” As a salad, I cut the greens very fine, almost like matchsticks, and mix with other vegetables and fruits cut just as fine:

- Sweet peppers
- Tomatoes
- Apples or other fruit, raisins, craisins
- Cucumbers, celery, carrots

- Cooked sliced beets
- Nuts of any kind
- Cooked chickpeas/green frozen peas
- Cheese of any kind/ boiled eggs

I dress the whole salad with a vinaigrette (2 parts good olive oil, 1-part vinegar, + a little dried mustard, sugar, salt, dried herbs; shaken & refrigerated.) Later—maybe the next day—if I add more ingredients, I might add more dressing. When you start with hearty, sturdy greens like we have in spring and fall, this salad stays fresh at least 2 days in fridge.

Endless Main Dish Bowls: Ditto the above ingredients, but add chunks of almost any vegetable or starchy food such as cubed cooked potatoes/sweet potatoes, cooked grain—rice, quinoa, etc., shredded meat or cheese, cooked dried beans, corn kernels, green beans. Be bold and dress it with your favorite dressing. It's a great place to use leftovers.

Other Sam Vaughn Recipes: CSA member Sam sent in his kimchi recipe so you can find a use for Daikon radishes. I used my daikon last week in a new batch of kimchi, along with the red cabbage, and it turned out a beautiful pink color. As Sam says, you can add a lot of different veggies to kimchi. And don't be afraid of it; it's easy and good for you, and a great way to use cabbage and fall vegetables. And it keeps for eons in the fridge. Whenever my stomach is a little queasy, I put a couple of tablespoons of kimchi on my sandwich, and the queasiness seems to disappear.

Kimchi

You need a big plastic tub or crock or something like that to ferment in. I use an old plastic tub from protein powder.

- 1 medium daikon radish
- 1 large head of Napa cabbage
- 4 green scallions
- 5-6 cloves of garlic
- 1-2-inch knob of ginger
- 1-5 tablespoons of Korean red pepper flakes (gochugaru)
- 1 tablespoon fish sauce or soy sauce or water
- 1/2 cup kosher salt

Quarter the cabbage lengthwise and remove the core. Slice crosswise into 1-2-inch ribbons. Put in a big bowl and sprinkle all the salt on. Squeeze the salt into the cabbage with your hands and get it good and mixed in. Then fill the bowl with cold water to cover and weigh down the cabbage with a plate or similar. Let it sit for 1-2 hours.

Cut the radish into matchsticks and the green onions into 2-inch slices. Set aside.

Make the spice paste: grate the garlic and ginger and stir in the red pepper and soy sauce or fish sauce or water.

After the cabbage is done brining, drain it and rinse several times in cold water. Then combine the cabbage, other veggies, and spice paste. Pack it into the fermentation tub and squish it down with a large spoon. Keep smashing it until enough brine comes out of the veggies to cover. If you can't get enough to cover, make a 2% saltwater brine, and top off. (I massaged it after adding salt, until it made a lot of brine, then added a little (boiled and cooled) water so the kimchi is covered in the container. PLF)

Ferment at room temperature for two weeks or more. Every day give it a shake or stir to release the CO2 and smash down the veggies under the brine again. After it's done store in the fridge with a weight keeping the kimchi under the liquid.

Sam's secret, that he learned from a New York Times article, is that you can use pretty much any vegetables for kimchi! He made one with chard, beets, Beet greens, green beans, radishes, and hot peppers! Go nuts!

Eggplant Tacos: Here's an easy, quick Taco recipe from Sam: Eggplant tacos: simply cube an eggplant, sauté in oil with garlic and salt, and then use as a taco filling alongside black beans, cheese, salsa, etc.

Do you have a recipe you think others would like to try? Please send them to me and I'll share with others.

Phyllis Fitzgerald
phyllisfitzgerald@yahoo.com