



A Place on Earth CSA Notes 110420

In your share this week—IF you chose one of everything: Watermelon Radish; Kohlrabi or Cabbage; Carrots; Bok Choy; Turnips; Sweet Potatoes; Potatoes; Peppers; Eggplant; Garlic; Onions; Chard; Parsley

Looks like many of us have come to the end of the CSA for the 2020 season. It has been a very bountiful season for me, and I hope you feel the same. In fact, with the leftover sweet potatoes, winter squash and garlic, I could have fed a few more people. Some of us will be receiving more shares to supplement our holiday meals, and if you neglected to sign up, please contact Carden and Courtney to see if more shares are available. In lieu of recipes for this week's produce, I am going to share a few holiday recipes and other miscellaneous recipes that keep me going during the winter.

Pumpkin Muffins: My friend Jan Eastburn introduced me to the best pumpkin muffins I've ever tasted, and they are vegan: no eggs or dairy! She got the recipe from Isa Chandra While I don't try to cook vegan very often, this recipe is amazing, and eggs/dairy are not needed. You may, however, substitute milk for soy milk in the recipe.

The Best Pumpkin Muffins

Makes 1 dozen muffins

1 3/4 cups all-purpose flour

1 1/4 cups sugar

1 tablespoon baking powder

1/4 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground or freshly grated nutmeg

1/2 teaspoon ground ginger

1/4 teaspoon ground allspice

1/8 teaspoon ground cloves

1 cup pureed pumpkin (Fresh or from a can; do not use, pumpkin pie mix)

1/2 cup soy milk

1/2 cup vegetable oil

2 tablespoons molasses*, or substitute sorghum* or honey*

Preheat oven to 400°F. Lightly grease a twelve-muffin tin.

Sift together flour, sugar, baking powder, salt, and spices. In a separate bowl, whisk together pumpkin, soy milk, oil, and molasses. Pour the wet ingredients into the dry and mix.

Fill the muffin cups two-thirds full. Bake for 18 to 20 minutes, until a toothpick or knife inserted in the center comes out clean.

Variation: Fold in a cup of either chopped fresh cranberries or chopped walnuts, or a mixture of the two.

***Note to Experimenters:** Be careful when substituting molasses, honey, or sorghum for sugar. It could alter the amount of liquid that should go in a recipe. If you want to make the substitution, look up a recipe for cooking with honey, and it is usually safe to substitute molasses or sorghum, but don't substitute liquid sweeteners for sugar without consulting a honey-to-sugar website. And don't substitute blackstrap molasses for regular molasses; blackstrap is a bit strong for desserts.

Chocolate Pumpkin/Sweet potato pie: This recipe came from my favorite nutrition Health letter, Nutrition Action. It shows that sweets can be simple and delicious—and nutritious. Sometimes I make it with pumpkin; sometimes with sweet potatoes; sometimes I add nuts to it, but it is always delicious. Unless you tell, no one will know what it is made from.

1 cup dark chocolate chips (look for dairy-free/vegan if making for a crowd with vegans or milk allergies)
1 3/4 cup pumpkin puree (or 1 can (not pumpkin pie mix) or substitute cooked sweet potato pulp
1/4 cup sugar
1 teaspoon vanilla extract
2 teaspoons cocoa powder
16 drops liquid stevia (or replace with a little extra sugar to taste)
1/4 teaspoon salt
1 nine-inch graham cracker crust

Step 1: Melt chocolate in a bowl in the microwave, heating for 30 seconds at a time and stirring, repeating until just melted.

Step 2: Place pumpkin/sweet potato, sugar, cocoa powder, vanilla, and salt in food processor and puree. Add melted chocolate and puree until very smooth. You can taste the mixture at this point and add a little more sugar if necessary.

Step 3: Pour pumpkin mixture into pie crust and use a spatula to smooth it out. Refrigerate until firm, at least 4-6 hours. This pie seems to taste more like a chocolate cream pie and has less pumpkin flavor after being refrigerated for one day, which you may consider a good thing! Serve chilled.

Potatoes & Sweet Potatoes: I absolutely love potatoes and sweet potatoes: boiled, baked, mashed, roasted, fried, in casseroles, whatever. One of my favorites is plain old, mashed potatoes, and I often cook an onion, turnip, radish, or even a carrot with the spuds, and mash them all together, skins on. Then I use the leftovers to make potato cakes. Using plastic lids, I mound a dollop of potatoes on the lid, mash them down, and freeze them for a breakfast or dinner add-on. Lovely! Today I cooked 3 white potatoes with one sweet potato, mashed them

with garlic butter and plain yogurt. Not only was the color beautiful, but they were delicious, and will make a nice side dish for breakfast, along with eggs, or browned for dinner. Yum!

Sweet Potatoes as a Vegetable/Not Dessert! I will probably never talk you out of gooey sweet potato casserole with marshmallows, brown sugar, butter, and pecans, but to me, that is dessert, not a vegetable. Just saying! In my family, we like our sweet potatoes as a vegetable, and a savory vegetable at that. This version sounds preposterous—until you taste it! After that, you may always want a savory sweet potato—with garlic. Don't turn your nose up until you have tasted it!

While there is no actual recipe, here's how you make it: Scrub and roast enough sweet potatoes for your meal at 400 degrees in the oven until tender. At the same time, roast 1-3 heads of garlic, first cutting off the tops and drizzle with olive oil. (They won't take as long as the sweets, so bake about 12-15 minutes, watch, and don't let them burn.) When the sweet potatoes are tender, scrape out the pulp into a large serving bowl while still hot. Squeeze the garlic heads into a saucer until all the pulp is in the saucer. Mash the soft garlic well with a fork before adding to the hot sweet potatoes. Add a dollop of butter, salt, and pepper, and mix well. Allow to mellow for a few minutes, covered, until serving time. Yum!

Cranberry Delight Spread: This recipe came from my niece, Sara Brown, and it is a wonderful appetizer while you wait for the rest of the meal to be ready.

8 ounces cream cheese, softened
2 tablespoons OJ concentrate, thawed
1 tablespoon sugar
Zest of 1 orange
1/8 teaspoon cinnamon
1 ¼ cup dried cranberries, finely chopped (use food processor)
½ cup pecans

In a small bowl, beat cream cheese, OJ, sugar, orange zest and cinnamon on medium speed (I used electric mixer) until fluffy. Mix in cranberries and pecans. Refrigerate at least one hour. Serve with crackers. Refrigerate for a couple of weeks.

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

Happy Thanksgiving! Let's meet again in May 2021, if not before.

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