



**Winnepesaukee  
Woods Farm**

**Fall CSA 2017: Week 3**

*In your share this week:*

### Butternut Squash Tots

Taken from <i>Connoisseurus Veg</i>	1/4 tsp. black pepper
1 lb. butternut squash about 1/2 of a medium squash, cut	1/2 tbsp. smoked paprika
1-2 tbsp. olive oil divided	1/4 tsp. salt plus extra for sprinkling
1/2 medium onion quartered	For the Spicy Maple Mustard
1 garlic clove minced	2-3 tsp. sriracha or to taste
3/4 cup panko breadcrumbs	1/4 cup yellow mustard
1/4 cup chickpea flour	2 tbsp. maple syrup

Preheat oven to 400°. Line a baking sheet with parchment paper. Toss butternut squash cubes with 1/2 tablespoon of olive oil and arrange in an even layer on baking sheet. Bake until piercable with a fork, but still pretty firm, 12-15 minutes. Remove from oven and allow to cool for a few minutes. Place butternut squash into food processor bowl with onion, garlic, panko, chickpea flour, paprika, salt and pepper. Pulse until ingredients are well blended, stopping to scrape down sides of bowl as needed. Roll into tot-shaped cylinders. Coat a large nonstick skillet with 1 tablespoon of olive oil and place over medium heat. Working in batches if needed, arrange tots in an even layer in skillet. Cook until browned on bottoms, about 4 minutes. Flip and cook until browned on opposite sides, about 4 minutes more. Remove from heat and sprinkle with salt, if desired. To make the mustard stir all ingredients together in small bowl.

### Rutabaga and Parsnip Gratin

Adapted from <i>the Art of Simple Food II</i>	
3T olive oil or butter	11 medium rutabaga
1 onion, sliced thin	2 small parsnips
1 T marjoram	
salt and pepper to taste	

Heat oil/butter and add in onion, Cook until soft, about 10 minutes. Add in majorom, salt, and pepper. Place onion mix into the bottom of a 6-8 inch baking dish. Preheat oven to 375. Peel and slice thin the rutabaga and parsnips. The slices should be about 1/8 inch thick. Cook rutabaga slices first and then add the parsnips in salted water until just tender, 2 minutes or less. Drain and cool. Layer them in the baking dish on top of the onion, overlapping slices of each vegetable. When all slices are in sprinkle with salt and drizzle with olive oil. Cover with a layer of parchment paper. Cook with 15 minutes and remove paper. Cook an additional 10 minutes. Potatoes can also be added to the mix, if desired. Also, other spices, such as thyme, nigella seed, cilantro, or ginger can be added in.

## Winter Squash Antipasto

Taken from Art of Simple Food II

Wash the squash and leave the skin on to help keep the shape of the squash. Cut into 1/4 to 1/3 inch thick slices. Remove seeds and strings. Season slices with salt, drizzle with olive oil, and spread out on a baking sheet. Roast at 400 until the flesh is soft and marked with a few specks of caramelization. Sprinkle with vinegar, salt, black pepper, chopped herbs, and olive oil. Serve at room temperature with salami, olives, and other marinated or pickled vegetables. Serve on crostinis with sherry vinegar, chopped majorom, and burrata, ricotta, or mozzarella cheese

## Maple Glazed Roasted Root Vegetables

Taken from Cooking from the Farmer's Market

2 carrots cut into 2 inch pieces

1 large parsnip cut into 2 inch pieces

1lb potatoes cut into 2 inch pieces

1/2 rutabaga cut into 2 inch pieces

1 onion cut into 2 inch pieces

2-3 T olive oil

salt

1/4 c maple syrup

2 T butter, melted

Preheat oven to 400. In a large bowl, toss carrots, parsnips, rutabaga, potatoes, and onion with olive oil to coat. Season with salt and toss again. Spread vegetables in a single layer onto 2 baking sheets. Roast, shaking pans occasionally and turning the vegetables with a spatula to keep them from sticking, until they develop a thin crust and are tender, about 40-50 minutes. In a small bowl, combine maple syrup and butter. Brush over the vegetables and continue roasting until they look glazed, about 5 mins more. Transfer to a dish and serve right away.

## Butternut Squash Soup with Chipotle

Taken from Cooking from the Farmer's Market

2 1/2 lbs butternut squash

1T olive oil

2 slices baguette, cut into 1/2 inch cubes

1 t dried sage

1/2 onion chopped

2 small dried chipotle chiles

3 1/2 c chicken or veggie stock

salt and pepper to taste

Preheat oven to 350. Cut squash in half and remove seeds and strings. Rub with olive oil and pierce with fork. Bake for 35-45 minutes. Remove from oven when easily pierced with a fork. When cool, scoop out flesh and set aside. In a large pan over medium high heat, warm oil. Add bread cubes and sage and saute until bread is browned, about 4 minutes. Remove from pan. Add in onion and saute until softened, about 5 minutes. Stir in squash, chiles, and broth. Bring to a simmer over medium heat and cook, uncovered, until the squash is soft, about 30 minutes. Blend soup to desired consistency. Season with salt. Serve topped with croutons.

## Garden Fries with Garlicky Leek Dipping Sauce

Taken from *Cooking Close to Home*

1 pound of fall veggies (carrots, parsnips, turnips, potatoes, rutabaga)

1 T olive oil

red pepper flakes to taste

1/8 t garlic powder

1/2 t Worcestershire Sauce

Dipping Sauce:

1 leek, cut in half lengthwise and cut into 1 inch pieces

1/2 T olive oil

2 garlic cloves, baked

1 t dried parsley

1 c low fat sour cream

Preheat oven to 450. In a large bowl, combine veggies, olive oil, red pepper, garlic powder, and Worcestershire and toss to coat. Lay veggies out on a baking sheet in a single layer. Bake 30 minutes, turning once. Soak the chopped leek in water for 10 minutes. Drain and rinse. In a small pan, heat olive oil over medium heat. Cook leek and cook until softened and slightly browned. About 5 mins. Let leeks cool completely before moving to the next step. Combine leek, olive oil, garlic, parsley, and sour cream in a food processor and mix until smoothly blended. Place in a bowl and refrigerate. The leek dipping sauce can be made and stored several hours ahead. Serve fries hot with dipping sauce.

## Roasted Winter Squash Salad

1 medium winter squash

2 T olive oil

Salt and pepper to taste

1/4 pound salad greens

1/4 c dried cranberries

1/4 c crumbled gorgonzola cheese

1 carrot, julienned

1 apple, diced

Dressing of choice such as a maple vinaigrette

Cut squash in half, peel, and seed. Cut into 1 inch cubes. Toss with olive oil, salt, and pepper. Place on baking tray and roast at 400 degrees for 25-30 minutes or until lightly browned. Gently toss halfway through. Cool and serve atop salad.