



Cooking should be a natural part of our every day lives, but for decades this daily activity has been intentionally taken away from us. I am old enough to have grown up with a mom who cooked. But back in the early 60's TV dinners were definitely all the rage. And ever since the 1950's big food companies have been telling us that cooking is drudgery and these "modern meals" would get us out of the kitchen and free up our time. I remember the excitement around CoolWhip, no more whipping cream!!! Believe it or not, the first fast food restaurants opened in the 1920's with White Castles Burgers, so we have had more than 100 years of people selling us food they claim is better than grandma's. Who wouldn't want more free time? Less cleanup, less work? And since most schools stopped teaching "home ec" classes years ago, we have several generations of folks who had few opportunities to learn basic cooking skills. With all of this marketing working against us, is it any wonder that most people don't know how to cook? I can tell you, not knowing what to do with vegetables is the number reason people give for not signing up with a CSA. They are afraid they wouldn't know what to do with most of it. But all of us have had to learn to do all kinds of things, like ride a bike, drive a car, or use a computer, so why can't we learn to cook? Sure, you will make mistakes, I still make mistakes, but that shouldn't keep us from doing it.

This past weekend I taught a class with 8 of our younger CSA members, ages 5 1/2 to 10. We made biscuits, butter, a simple soup and butternut squash gnocchi. We also juiced a mix of citrus and carrots, and did taste testing with the juices on their own and combined. That was a lot of fun. Most of them preferred the carrot/orange mix, how great is that?

Over the years, I have made a lot of not very good gnocchi, it is definitely one of those things you need to fail at many times to learn the right texture. And while I am not suggesting



you start your cooking adventures making gnocchi, what I am suggesting is don't be afraid to fail. I have, many, many times, and even still fail today, and I have been cooking for well over 50 years! But I also have come up with some of my greatest recipe ideas from messing something up.

One of the funnest things I taught the kids this weekend was how to make homemade butter. This is something I learned in summer bible camp when I was a little kid. You put heavy cream into a jar, fill it a little more than half full, screw the lid on real tight, and shake it for a long time. It's fun to do with your kids because it takes quite a while, but watching it evolve from cream to whipped cream to butter is so much fun for them.

For my kids' cooking class, the older ones could use small knives and the younger ones were really good at tearing the chard leaves. With the chard we made a very simple soup, some onion, chard, canned tomato and chicken broth. The kids really loved it. Soups are always a great way to use a lot of the vegetables from your CSA bag.

This week we have Romanesco. Most of you are very familiar with this vege, but it might be new for a few of you. It is kind of like a mix of broccoli and cauliflower, and it is definitely one of my favorites. I think it is one of the most beautiful vegetables you will ever see, it is also the first Valentine's gift Nigel ever gave me.



ROMANESCO

It has a crunchier texture than broccoli and cuts apart nicely like both cauliflower. It is really delicious roasted. And because it is solid, you can roast it whole. Just wash well, maybe cut the bottom end of the stem off to make a flat bottom, put it on to a sheet pan, drizzle a little olive oil and sprinkle it with some salt and pepper, maybe some garlic pepper, or chili flakes, then pop it into a really hot oven and roast until the

edges get a little crispy. Or you can cut it up into little pieces and roast it that way, just don't forget a little oil!

Cinnamon Roasted Butternut Squash

Recipe by Erin Clarke found on well plated.com

Sometimes a basic roasted Butternut, with the addition of a few seasonings, really hits the spot.

1 large Butternut Squash about 3 pounds, peeled, seeded, and cut into 1-inch cubes

1 1/2 TBS Extra Virgin Olive Oil

1 1/2 TB Maple Syrup

1 tsp Salt

3/4 tsp ground Cinnamon

1/2 tsp Black Pepper

1 TB chopped fresh Rosemary

Position racks in the upper and lower thirds of your oven and preheat the oven to 400 degrees F. Generously coat two baking sheets with nonstick spray. Place the squash cubes in a large bowl. Drizzle with the olive oil and maple syrup, then sprinkle the salt, cinnamon, and pepper over the top. Toss to coat, then divide between the two baking sheets. Spread the cubes in a single layer on the prepared baking sheets, taking care that they do not overlap. Place the pans in the upper and lower thirds of your oven and bake for 15 minutes. Remove the pans from the oven, turn the cubes with a spatula, then return to the oven, switching the pans' positions on the upper and lower racks. Continue baking until the squash is tender, about 10 to 15 additional minutes. Remove from the oven and sprinkle the rosemary over the top. Serve warm.

Turnip and Cabbage Slaw With Yogurt Dressing

Recipe by Melissa Clark NYT Cooking

We have the curly Savoy cabbage in this week's box, so it won't be as crunchy as regular green cabbage, but it will taste good. This recipe would be delicious with some of the fennel bulb grated into it too. And if you don't want to go out and get dill, use the frill tops of the fennel.

You can even grate a little bit of the Tangelo rind for some extra flavor.

1 fat Garlic clove

1 tips plus 1 pinch Salt, more to taste

1/2 cup plain Greek Yogurt

1/4 cup Extra-Virgin Olive Oil

Black Pepper

1/2 head Cabbage, cored and shredded (6 cups)

4 medium Turnips, peeled, and cut into skinny sticks or grated, about 2 cups

1/4 cup chopped Dill

Finely chop garlic. Sprinkle with a pinch of salt; using the flat side of a knife, mash garlic to a paste. In a small bowl, whisk together garlic paste, 1 teaspoon salt, yogurt

and oil. Season with pepper. In a large bowl, combine cabbage, turnips, dressing and dill. Toss well to combine. Let stand 10 minutes. Taste and adjust seasoning; serve.

Chard Gratin

Recipe by from BBC Good Food

Gratins are a great way to use up greens in a tasty creamy/cheesy sauce. You could add turnip tops, if we have any, but I think we have been putting in loose turnips. A little sautéed fennel would add a lovely flavor.

1 bunch Chard

3/4 cup Heavy Cream

1 TB grainy Mustard

1/2 grated Swiss cheese

Butter, for greasing pan

2 TB grated Parmesan

Heat oven to 375. Strip the chard leaves from the stalks, then cut the stalks into sticks. Bring a pan of water to the boil and cook the stalks for 3-4 mins until starting to soften. Then throw in the leaves for a few moments too so that they just wilt. Drain well. Mix the cream with the mustard, then toss through the chard with most of the Swiss cheese. Grease a medium gratin dish, spread the chard mix over, then scatter with the remaining Swiss cheese and the parmesan. Bake for 30 mins until bubbling and golden. Serve straight from the dish.

This Week's Bag

*Turnips

*Fennel

*Savoy Cabbage

*Butternut

*Tangelos

*Chard

*Pomelo

*Romanesco

Lettuce

Mizuna

Radishes

*Box for 2

Garlic and Lemon Roasted Romanesco

Recipe by Lizzie Streit found on ItsAVegWorldAfterall.com

Like I said on the other side, roasted Romanesco is really delicious. You don't even have to add the garlic or lemon, but if you want to, here is the recipe for that. I like to cook it up and eat a little bit as a side to many meals throughout the week.

2 cups Romanesco, cut into small florets

2 TB Extra Virgin Olive Oil

6 cloves Garlic - minced

2 tsp Lemon Zest - plus a little more, to taste

Salt and ground black pepper - to taste

Preheat oven to 425 degrees. Place florets into a bowl and drizzle with olive oil and crushed garlic. Mix everything around with a spatula. Grate the lemon zest over these cruciferous beauties and sprinkle with sea salt and pepper. Bake for ~20 minutes, or until tender and browned. Serve warm, topped with more lemon zest to taste.