

# Kettle Pond Farm Summer CSA

Week 15: September 17 & 20, 2012



"I think that these carrots are better than the ones we get at the store."  
- CSA Member- Sarah, Age 7

## Frank's PB&J-Jalapenos

Good friend of Kettle Pond Farm, Frank Wallace, wanted me to pass along this tip for eating jalapeno peppers. He explained that first "you need to slice them down the middle so they are little shells", then fill them with peanut butter and jelly and enjoy! Frank described this treat as, "a whole new experience."



## This Week's Veggies

\* Lettuce Mix \* Potatoes \* Leeks \* Salad Turnip \* Summer Fruits \*  
\* Garlic \* Cilantro \* Thai or Lemon Basil \* Hot Peppers \*

## NEWS and NOTES

### Leeks

Leeks are yet another member of the Allium (onion) family. They are quite beautiful and form a long, mild stalk with large dark green leaves. The edible portion of the leek includes the white base and light green stalk. The dark green part is often thought too tough to eat, but it can be sautéed or used to flavor stock.

### Salad Turnip

Salad turnip are back in the shares this week. If you've forgotten how to use them, they are usually eaten raw, but can be stir fried or used in soups, as well. The greens are also a great side dish or soup option, for those who enjoy greens. These salad turnips don't look the best, it looks like wireworms had somewhat of a field day in the turnip bed, but they are still tender and tasty. Enjoy!

### Newsletter

If any KPF members are interested in contributing something to the newsletter, please get in touch, or just send it along. We are looking for recipes, articles, jokes, or something else you think other members might be interested in.

## Potato Leek Soup

I tried this recipe and threw in a few carrots and a little squash, too. I would highly recommend it! -Kelly

[http://www.simplyrecipes.com/recipes/potato\\_leek\\_soup/](http://www.simplyrecipes.com/recipes/potato_leek_soup/)

### Ingredients

3 large leeks, cut lengthwise, separate, clean. Use white and pale green parts, chop.  
2 Tbsp butter  
2 cups water  
2 cups chicken broth (or vegetable broth for vegetarian option)  
2 lbs potatoes, peeled, diced into 1/2 inch pieces  
Marjoram - dash  
1/4 cup chopped fresh parsley  
2 teaspoons chopped fresh thyme, or 1/2 teaspoon dried thyme  
Tabasco sauce or other red chili sauce  
Salt & Pepper

### Method

1 Cook leeks in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste.

2 Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add marjoram, parsley, and thyme. Add a few dashes of chili sauce to taste. Add some freshly ground pepper, 1-2 teaspoons salt or more to taste.

**Yield:** Serves 4-6.