

# Seasonal Recipes

## Garlicky Baked Butternut Squash

2 tablespoons minced fresh parsley  
2 tablespoons olive oil  
2 garlic cloves, minced  
1 teaspoon salt  
1/2 teaspoon pepper  
3 1/2 pounds butternut squash, peeled and cut into 1-inch cubes  
1/3 cup grated Parmesan cheese

In a large bowl, combine the parsley, oil, garlic, salt and pepper. Add squash and toss to coat. Transfer to an ungreased shallow 2-qt. baking dish. Bake, uncovered, at 400 degrees F for 50-55 minutes or until squash is just tender.

## Apple-Stuffed Carnival Squash

2 tablespoons unsalted butter, melted  
2 teaspoons pure maple syrup  
1/2 teaspoon lemon juice  
1/4 teaspoon ground cinnamon  
1 medium Granny Smith or other favorite apple, peeled, cored, and chopped  
1 carnival or acorn squash, halved and seeds removed  
1/4 cup chopped walnuts, toasted (optional)

Preheat oven to 375F. Combine butter, syrup, lemon juice, cinnamon, and apple in a bowl. Place mixture into the hollow of each squash half. Set in a baking dish and roast for about 45 minutes or until squash is soft (test with a fork). Sprinkle with chopped walnuts, if desired.

## Cranberry Apple Coleslaw

14 ounces shredded cabbage  
2 granny smith or favorite apples  
2 cups dried cranberries  
1/2 cup light mayonnaise  
1/4 cup light sour cream  
1/4 cup apple cider vinegar  
2 tablespoons agave syrup

Core the apples and cut them into long thin strips or shred using a cheese grate. In a large mixing bowl, combine the coleslaw mix, sliced apples, and cranberries. In a smaller mixing bowl, whisk together the mayonnaise, sour cream, vinegar, and agave syrup until the mixture is smooth and creamy. Pour the dressing over the coleslaw mixture and toss to combine. Cover and refrigerate for at least an hour prior to serving.

**Don't be a stranger! Call or email 419-508-8779  
eriefresh@gmail.com with any questions or comments!**

## Roasted Red Pepper Puree with Garlic Lemon & Basil

*Delicious with seafood, chicken, pork, turkey or pasta. It is even good served as a dip or spread with bruchetta, crostini, or toasted pita triangles. Cut peppers in half for roasting, which is a little more convenient under a broiler, and takes half the time to char. Although this recipe is very easy, if you are really pressed for time, use canned roasted red peppers. The fennel seeds are optional but are very good, especially when serving with fish. If you happen to have fennel fronds on hand, use about 2 teaspoons of those instead of the seeds.*

2 large red bell peppers, halved vertically, stem and seeds removed  
4 large garlic cloves, lightly smashed and peeled  
1 teaspoon fresh lemon juice  
2 teaspoons chopped fresh parsley  
2 teaspoons chopped fresh chives  
1/2 teaspoon fennel seeds (optional)  
Salt and pepper to taste  
2 teaspoons olive oil, plus a little for drizzling the garlic  
1-1/2 tablespoons chopped fresh basil

Preheat broiler on high. Place the peppers, skin side up, on a baking sheet with shallow sides. (I always cover the pan with foil for easy cleanup.) Place the garlic on a separate piece of foil, drizzle with a little olive oil, and close tightly. Place on the baking sheet. Position the oven rack so that the peppers will be only a couple inches below the broiling element. Broil the peppers until well charred, about 10 minutes, rotating the pan half way through, if needed. Remove from oven and turn off the broiler. Return the garlic packet to the oven and close the door while the peppers rest. Cover the peppers with foil and let set about 10 minutes, or until cool enough to handle. Remove the skin and cut into pieces. Place all of the ingredients, except the basil, into a mini processor or blender. Process, using pulses as needed, until puréed. Place in a small bowl and stir in the basil. Taste for seasoning. Serve at room temperature. May be covered and refrigerated for several days, bringing back to room temperature before serving.

## VEGELICIOUS INFO

### Winter Squash (*curcubita maxima*)

These have tough dense skins, fibrous flesh and large seeds. Most winter squashes can be used in both sweet and non-sweet dishes. Winter squash is a good source of complex carbohydrates such as starch and also dietary fiber. It is an excellent source of vitamin A, a great source of vitamin C, potassium, dietary fiber and manganese, and a good source of folate, omega 3 fatty acids, vitamin B1 (thiamin), copper, tryptophan, vitamin B6 (pyridoxine), vitamin B3 (niacin) and vitamin B5 (pantothenic acid). It is also a source of niacin, iron and beta carotene. Usually, the darker the skin is, the higher the beta carotene content.

# September 3, 2010 Erie Fresh CSA Share • Week 14

BELL PEPPER • KLOKKE PEBER • BUTTERNUT SQUASH • ZUCCA • APPLE • OMENA



PESTO! Photo: Jenna Martin

for more information about local resources,  
visit <http://eriewire.org>

Although our Erie Fresh Certified Farmers grow naturally without the use of harmful chemicals to ensure a quality of excellence for our CSA members, we recommend that you practice good food safety methods and wash the produce before consumption.

## In Your Share...

- Watermelon
- Racheal's Tomatoes
- Red Cherry Tomatoes
- Red Pepper
- Butternut Squash
- Carnival Squash
- Apples (AB Phillips & Sons Orchards, Berlin Heights)

## Check Out Your Erie Fresh Growers

and visit <http://www.sanduskybayfarmersmarket.org>

Healthy Bakes by Catherine, Fremont  
Heywood Gardens, Sandusky  
J.C. Homestead Farms, Bellevue  
Riehm Farms - Fun Acres, Old Fort  
Racheal's Veggies, Willard  
Round Rock Farm, Monroeville  
Thayer Family Gardens, Monroeville

EACH FRIDAY, BE SURE TO RETURN YOUR EMPTY CANVAS BAG FROM THE PREVIOUS WEEK!