

Recipes:

### **Green Soup** (Taken from the 47<sup>th</sup> Avenue Farm website)

This is a loose guideline rather than a strict recipe...

- one sweet potato, diced (a regular potato should work just fine)
- one parsnip, diced (optional)
- one medium large yellow onion, chopped
- one medium leek (white and most of the light green parts), chopped
- Four cloves garlic, smashed
- About 4 to six cups of mixed greens\*, roughly chopped
- Two stalks celery, chopped
- Four cups homemade veggie broth (or any veggie broth, or chicken broth)
- About a teaspoon salt
- About 1/2 teaspoon red chile powder
- A few sprinkles black pepper

\* Any collection of three or more greens should work. I used black kale (stemmed), chard (stemmed), collard greens (stemmed), parsley, cilantro, and a little bit of mint (about 1/4 cup – just because we had some). Spinach would be great, but we didn't have any at the time.

- Sauté the onions and leeks and garlic about 10 minutes on low.
- Add sweet potato, parsnip, and broth and seasonings and bring to simmer and cook covered for 20 minutes
- Add greens and simmer another 10 minutes
- Let cool slightly and then puree in blender (or use an immersion blender)

Taste and correct seasonings.

When serving, add a little lemon juice to the bowl and/or maybe a dab of good extra virgin olive oil.

### **Turnip French Fries**

Chop the turnip into french-fry strips and (if you wish) lightly coat with oil.

Place on a flat baking sheet and sprinkle with sea salt.

Bake at 350-375 F for 20 minutes.

Try some different seasonings.....: basil, parsley, a little sea salt or a touch of cayenne and sea kelp.

### **Diced Carrots and Turnips**

2 pounds carrots, cut into 1/2-inch dice

1 1/2 pounds turnips, peeled and cut into 1/2-inch dice

3 tablespoons butter

freshly grated nutmeg to taste

In a kettle of boiling salted water cook the carrots for 3 minutes, add the turnips, and boil the vegetables for 3 to 5 minutes, or until they are tender. Drain the vegetables and transfer them to a serving dish. Add the butter, cut into bits, the nutmeg, and salt and pepper to taste and toss the mixture until the butter is melted.

Serves 8. from *Gourmet*

### **Gratin of Turnips and Onions**

1/2 pound turnips, peeled and grated  
1 onion, chopped fine  
2 teaspoons cornstarch  
1/4 cup plus 1 tablespoon freshly grated Parmesan  
1/3 cup heavy cream

In a bowl toss the turnips and the onion with the cornstarch, 1/4 cup of the Parmesan and salt and pepper to taste and transfer the mixture to a buttered 9-inch-square baking dish, patting it down. Drizzle the cream evenly over the mixture, sprinkle the mixture with the remaining 1 tablespoon Parmesan, and bake the gratin in the middle of a preheated 375°F. oven for 25 to 30 minutes, or until the top is golden.

Serves 2. *Gourmet*

### **Turnip Risotto (This is really yummy!)**

3 bacon slices  
1 small onion  
2 medium turnips (preferably with greens; about 1/2 pound total)  
3 1/2 cups chicken broth  
3/4 cup Arborio rice

Garnish: freshly grated Parmesan

In a 3-quart heavy saucepan cook bacon over moderate heat until crisp and golden and transfer with a slotted spoon to paper towels to drain. Reserve 1 tablespoon fat in pan. Chop onion. Peel turnips and cut into 1/4-inch dice (if using greens, cut into 1/4-inch-wide slices and chop stems). In a saucepan bring broth to a simmer and keep at a bare simmer.

Heat reserved fat over moderately high heat until hot but not smoking and sauté onion, stirring, until just beginning to soften. Stir in turnips (and greens if using) and rice and sauté, stirring constantly, 1 minute. Stir in 1 cup simmering broth and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue simmering and adding broth, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next, until rice is tender and creamy-looking but still al dente, about 18 minutes total.

Crumble bacon. Serve risotto sprinkled with bacon and garnished with Parmesan.

Serves 2

### **Delicata Squash with Rosemary, Sage, and Cider Glaze**

- 2 medium delicata squash (about 2 pounds) or other firm winter squash
- 3 tablespoons unsalted butter
- 1/4 cup very coarsely chopped fresh sage
- 1 tablespoon coarsely chopped fresh rosemary
- 1 1/2 cups fresh unfiltered apple cider or juice
- 1 cup water
- 2 teaspoons sherry vinegar
- 1 teaspoon salt
- Freshly ground black pepper

**1. Squash.** If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.

**2. Herb Butter.** Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

**3. Cooking the squash.** Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

### **Autumn Minestrone**

- 2 tablespoons canola or other vegetable oil
  - 1 cup chopped onions
  - 2 garlic cloves, minced or pressed
  - 2 1/2 cups peeled and cubed winter squash\*
  - 2 celery stalks, diced
  - 1/2 cup peeled and diced carrots
  - 2 1/2 cups cubed potatoes
  - 1 teaspoon dried oregano
  - 2 teaspoons salt
  - 1/2 teaspoon ground black pepper
  - 6 cups water
  - 4 cups chopped kale
  - 1 1/2 cups cooked or canned cannellini beans (15-ounce can, drained)
- 
- \*We recommend a firm, rich winter squash, such as acorn, delicata, or buttercup.

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water and cook for 10 minutes or until the potatoes are almost done. Add the kale and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot.

Serve immediately.