

Fry Family Farm

CSA Newsletter

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How to Enjoy Fennel

Tips for Preparing Fennel:

The three different parts of fennel-the base, stalks and leaves-can all be used in cooking. Cut the stalks away from the bulb at the place where they meet. If you are not going to be using the intact bulb in a recipe, then first cut it in half, remove the base, and then rinse it with water before proceeding to cut it further. Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and your personal preference. The best way to slice it is to do so vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it. The stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning.

A Few Quick Serving Ideas:

- Healthy sautéed fennel and onions make a wonderful side dish.
- Combine sliced fennel with avocados, and oranges for a delightful salad.
- Braised fennel is a wonderful complement to scallops.
- Next time you are looking for a new way to adorn your sandwiches, consider adding sliced fennel in addition to the traditional toppings of lettuce and tomato.
- Top thinly sliced fennel with plain yogurt and mint leaves.
- Fennel is a match made in Heaven when served with salmon.

IN YOUR BOX:

Partial Share:

Salad Mix
Carrots
Cabbage
Eggplant
Green Peppers
Red Potatoes
Carnival Squash
Onions
Chard
Fennel

Full Share

Salad Mix
Carrots
Cabbage
Eggplant
Green Peppers
Red Potatoes
Carnival Squash
Buttercup Squash
Tomatoes
Fennel
Onions
Chard

The Amazing Properties of Fennel

Fennel contains *Anethole*, an aromatic compound, which has a huge number of medicinally beneficial qualities, as well as commercial applications.

Medically speaking, fennel has been used widely for its carminative properties-especially in infants, its anti-inflammatory properties-especially for the eyes, its diuretic properties, its ability to treat hypertension, and its promotion of breast milk in lactating mothers.

Commercially, fennel has the potential to be used as an insecticide-it has been used successfully against fleas and certain nematodes; and a flavoring (anethole is distinctly sweet, measuring 13 times sweeter than sugar). GO FENNEL!

Curried Winter Squash Soup

INGREDIENTS:

3 T. Butter
1 cup chopped scallions
1/4 cup chopped fresh parsley
1 T. jalapeno pepper, seeded, finely chopped
2 cloves garlic, minced
2 pounds Winter Squash, peeled, seeded, cubed
4 cups chicken or vegetable stock
2 cups chopped, peeled, fresh tomatoes
12 whole fresh curry leaves
1/2 t. ground allspice
1/4 t. ground mace
pinch freshly grated nutmeg
2 t. curry powder
salt
fresh ground black pepper
1/4 cup chopped fresh parsley (garnish)

DIRECTIONS:

1. Melt the butter in a large saucepan over medium heat. Add the scallions, sauté until soft and wilted, about 3 mins. Stir in the parsley, jalapeno, and garlic; cook, stirring occasionally, for 5 minutes.
2. Add the squash and toss to coat it with the scallion mixture. Add the stock, tomatoes, curry leaves, allspice, mace, and nutmeg. Bring to a boil, reduce heat and simmer, covered, until the squash is very tender, about 45 minutes. Let cool slightly.
3. Transfer the soup in batches to a blender or food processor, puree.
4. Transfer the soup back to the pot. Stir in the curry powder and add salt and pepper To taste. Return the soup to a simmer to heat through. Garnish with parsley just before serving.

Stuffed Winter Squash:

You can use this recipe for acorn or carnival, dumpling, or buttercup squashes. Slice the squash in half, scrape out the seeds and fill the cavity with one of the following. The recipes are enough for 4 squash halves.

- Combine 2 cups cooked wild rice a sautéed onion and garlic clove. Add ½ c chopped mushrooms or shredded apple.

Try a handful of dried cranberries if you like. Add 2 T white wine or an egg to moisten. Fill squash halves

- Mix 1 pound cooked pork sausage with 1 cup bread crumbs or cooked rice, ½ c celery, ½ c red pepper and onion to taste. Fill squashes lightly with mixture.

- Do you already have a favorite stuffing recipe? Either homemade or from a box, whatever you eat with turkey will taste great in a squash.

Place your filled squash halves upright in a baking pan, pour water in the bottom just to cover by ¼ inch. Cover with aluminum foil and bake at 375 until cooked through about 30- 40 minutes.

You say Potato and I say "Patata"

Solanum tuberosum

There are about five thousand potato varieties worldwide. Potatoes originated in the Andes of Peru, but most varieties grown in America were brought over from European immigrants. We get the word "po tato" from the Spanish "patata".