

"We've got another holiday to worry about. It seems
Thanksgiving Day is upon us.

I haven't even finished eating all of my Halloween candy!"

~Charlie Brown Thanksgiving~



How to make Pumpkin Puree

Making your pumpkin puree is one of the easiest, and satisfying things you could do! It tastes so much better than the canned stuff.

Cut your pumpkin in half and scrap out the seeds. If it is a large pumpkin, you can cut it into quarters too to speed up the cooking time. Clean the seeds and roast them on their own at 350 degrees with a little oil, salt and pepper, paprika and curry. Roast for about 25 minutes, checking occasionally.

Grease the bottom of your cooking sheet and place the pumpkin (flesh side down) on the sheet. Cook at 425 degrees for 30 minutes. If a fork can pierce through the pumpkin easily, then it is done. If not, add another 5 minutes and check again.

Let the pumpkin cool. Then peel the skin off the pumpkin. Put the flesh into a food processor or blender. You may have to add a little water to the pumpkin to help it blend a bit. Keep adding water until the puree is the consistency that you like.

Now you can use this for soup, bread, muffins, cookies, or pie! Enjoy! You can freeze it too!



This week's CSA share
contains:

Cooking pumpkin

Napa Cabbage

Carrots

Celery

Alfalfa Sprouts

Cauliflower

Broccoli Greens



Cauliflower, Carrot and Sweet Potato Gratin

Time to Make: 60 minutes

Servings: 2-3



Ingredients

3-4 carrots, diced small – about 3 cups
1 sweet potato, diced – about 3 cups
1 onion, finely chopped
3 Tbsp. all-purpose flour
1½ cups milk (dairy or non-dairy)
1 cup panko bread crumbs

1 head cauliflower, diced – about 6 cups
6 Tbsp. butter
1 tsp. salt
1 tsp. ground mustard
6 ounces cheddar cheese (optional)

Directions

1. Heat oven to 350 degrees F. Spray a 2½ quart casserole (or baking dish) with cooking spray.
2. In a pot, heat 8 cups of water to boil. Add carrots and sweet potatoes and boil, uncovered for 10 minutes. Add cauliflower and boil for 4 minutes. Drain and set aside.
3. In a saucepan, melt the butter. Cook onion in butter about 4 minutes, stirring occasionally, until soft. Stir in flour, salt and mustard with whisk. Cook for a minute until bubbly. Slowly stir in milk. Cook and stir until slightly thick. Remove from heat; stir in cheese until melted.
4. Stir in carrots, sweet potatoes and cauliflower. Pour into baking dish.
5. Put bread crumbs on top of casserole.
6. Bake uncovered 25-30 minutes or until bubbly around the edges.
7. You can add some napa cabbage to this too – just slice it thinly and add it when you add the cauliflower in step 2.