



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

~Edith Sitwel~

Kale chips

Here is something else to do with kale! You can use a dehydrator instead of an oven if you have one.

Ingredients

1 bunch kale 1 tsp. salt
1 tbsp. olive oil

Preparation

1. Preheat oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper.
2. With a knife, remove the leaves from the thick stems of the kale and tear into tiny bite size pieces. Wash and dry kale. Drizzle kale with olive oil and sprinkle with salt. Paprika is also a nice touch!
3. Bake until the edges are brown – 10 to 15 minutes.



This week's CSA share contains:

- Spinach
- Kale
- Encore Lettuce Mix
- Parsnips
- Autumn Crown pumpkins
- Arugula and Sorrel bunch



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Here is a recipe that incorporates parsnips and pumpkin from this weeks' CSA share!

Roasted Parsnip and Pumpkin Soup

Total Time: 1 hour and 30 mins.

Servings: 8



Ingredients

1 small sugar pumpkin, halved, seeds and fibers removed, and set aside	3 cups chicken stock
6 Tbsp. unsalted butter	1 sprig fresh thyme
3 cups water	1 Yukon potato, peeled and chopped
2 parsnips, peeled and chopped	½ cup dry white wine
1 onion, peeled and chopped	1 tsp. packed light-brown sugar
3 Tbsp. heavy cream (or milk)	Black pepper to taste
2 tsp. coarse salt	

Preparation

1. Preheat oven to 400 degrees. Place pumpkin halves, cut sides down, on a baking sheet. Bake until soft, about 50 minutes. Scoop out flesh and puree in a food processor or blender. You should have about 2 cups.
2. Melt 1 Tbsp. butter in a small saucepan over medium-high heat. Add stock, water, and thyme and bring to a simmer. Put pumpkin seeds and fibers in and cook for 10 minutes.
3. Melt remaining 5 Tbsp. of butter in a large saucepan over medium-high heat. Add pumpkin puree, parsnip, and potato and cook for 5 minutes. Add onion and cook until soft, about 4 minutes. Add wine and cook until liquid has reduced by half.
4. Strain pumpkin-seed mixture, reserving broth and discarding solids. Add broth to pumpkin-wine mixture. Bring to a simmer; cook 20 minutes. Let cool.
5. Put soup in a food processor or blender and blend until smooth. Put soup back in a saucepan and add cream, sugar, salt and pepper.