



"It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn.

~B.C. Forbes~

## Sorrel

Sorrel used to be a very common vegetable found in soups, stews, salads, and sauces in Europe in the 16<sup>th</sup> and 17<sup>th</sup> centuries. It is now finally making its comeback! Sorrel is a member of the *Rumex* family and has a distinct lemony flavor. There are a lot of members of the *Rumex* family in the USA that are considered weeds. Sorrel is rich in Vitamin C, and was thus valued for fighting against scurvy years ago. Add it to a salad or another dish you are preparing for a nice lemony flavor!



## This week's CSA share contains:

- Kale
- Cabbage
- Assorted Cucumbers
- Rainbow Cherry Tomatoes
- Beefsteak Tomato
- Habenero Pepper
- Beaver Dam Pepper
- Bell Pepper
- Acorn Squash
- Assorted eggplant
- Sorrel
- Onion
- Cantaloupe
- Wyatt Green Beans



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Here is a recipe that incorporates acorn squash, onion, peppers, sorrel, and kale from this week's CSA share!

## Acorn Squash Stuffed with Kale, Peppers, and White Beans

Total Time: 40 mins.

Servings: 2



### Ingredients

1 acorn squash, halved and seeded	1 tsp. olive oil
¼ tsp. salt	¼ tsp. ground pepper
¼ cup chopped onion	1 clove garlic, minced
2 Tbsp. tomato sauce	1 cup chopped kale leaves
½ of a 15 ounce can of white beans	¼ cup dry breadcrumbs
1/3 cup Parmesan cheese	1 bell pepper, chopped
½ hot pepper, chopped (optional for spice!)	½ bunch sorrel, chopped

### Preparation

1. Preheat oven to 425 degrees. Put each acorn squash half flesh side down in a baking dish. Fill dish with an inch of water. Cook for 25-45 minutes, until tender. Cooking time depends on your oven.
2. Heat oil in a skillet over medium heat. Add onion; cook, until brown, about 3 minutes. Add garlic. Stir in tomato sauce and salt and pepper and hot and bell pepper. Stir in kale and sorrel, cover and cook until tender, 3-5 minutes. Stir in white beans and cook until heated through.
3. Position rack in center of oven once squash is done cooking. Change oven to Broil.
4. Combine breadcrumbs, Parmesan and ½ Tbsp oil in a bowl. Fill each squash half with about 1 cup of the kale mixture. Place in the baking dish. Sprinkle with breadcrumb mixture. Broil in center of oven until breadcrumbs are brown, 1-2 minutes.