

Voluntown Peace Trust
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Growin' Community News

CREAMY LEEK SOUP

ingredients

8 medium leeks (3 pound), trimmed, leaving white and pale green parts only, and chopped
1 medium onion, chopped
1 large carrot, chopped
2 celery ribs, chopped
1 teaspoon salt
1/2 teaspoon black pepper
1 stick (1/2 cup) unsalted butter
1 small boiling potato (6 ounces)
1/2 cup dry white wine
3 cups chicken stock or broth (24 fluid ounces)
3 cups water
1 Turkish bay leaf or 1/2 California
1 1/2 cups fresh flat-leaf parsley leaves
1/4 cup all-purpose flour
1/2 cup chilled heavy cream

preparation

Wash sliced leeks in a large bowl of cold water, agitating them, then lift out and drain well in a colander.

Cook leeks, onion, carrot, celery, salt, and pepper in 4 tablespoons butter in a 5- to 6-quart heavy pot over moderate heat, stirring occasionally, until softened, about 8 minutes. Peel potato and cut into 1/2-inch cubes, then add to onion mixture along with wine, stock, water, and bay leaf. Bring to a boil, then reduce heat and simmer, partially covered, until vegetables are tender, about 15 minutes.

Stir in parsley and simmer soup, uncovered, 5 minutes. Discard bay leaf and keep soup at a bare simmer.

Melt remaining 4 tablespoons butter in a 1-quart heavy saucepan over moderate heat, then add flour and cook roux, whisking, until golden, about 3 minutes. Remove from heat and add 2 cups simmering stock (from soup), whisking vigorously (mixture will be thick), then whisk mixture into remaining soup and return to a simmer, whisking.

Blend soup in 4 batches in a blender until smooth (use caution when blending hot liquids), about 1 minute per batch, transferring to a 3- to 4-quart saucepan. Reheat if necessary, then season with salt and pepper.

Beat cream in a bowl with an electric mixer at medium speed until it almost forms soft peaks. Serve soup topped with cream.

- Cooks' note: Soup is best when made 1 to 3 days ahead (to allow flavors to develop); do not whip cream ahead. Chill soup, uncovered, until completely cooled, then cover. Reheat, thinning with water if necessary.

Garden news

CSA Week 14: As the weather cools the garden begins to take on a new look with beds being turned in and planted with rye (a cover crop). Rye is planted to increase organic matter in the soil as well as control erosion and weeds.

Your box this week again includes some new fall flavors like butternut squash and lettuce and some old standards like kale and swiss chard.

Butternut squash is best prepared by slicing in half length-wise and baking each half flesh facing down on a baking sheet. This keeps the flesh moist and speeds the cooking process. Butternut squash are also an excellent source of vitamins A and C as well as potassium.

Leeks are a delicious sign of Autumn that we have come to deeply appreciate around the

farm. Leeks are easily used as a replacement for onions in soups and sautés—note the more subtle flavor. Leeks can also sliced lengthwise, steamed and used to layer cheese-based casseroles (think Gruyere).

You may note that the kale this week is a bit more holy than normal. This is due to a late season infestation of cabbage moths which eat the leaves during their caterpillar stage.

Remember that our annual Harvest Cauldron Party is on September 29 — next week! Please invite friends and bring songs to share!

Please contact us if you would like to extend your CSA subscription. Payment will be on a week to week basis and a box will cost between \$15 & \$20. It will primarily include greens.

Buen Provecho!

What's in your box this week:

Potatoes
Kale & Swiss Chard
Lettuce
Butternut Squash
Mei Qing Choy
Peppers
Leeks