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Growin' Community News

RECIPE

Veggie Pot Pie

Dough:

- 1 2/3 all-purpose flour
- 3/4 tsp table salt
- 10 tablespoons unsalted butter (*1 1/4 sticks*), cold, cut into 1/2-inch pieces and frozen for 10 minutes
- 2 tablespoons sour cream
- 4-6 tablespoons ice water

1 To make the dough: Process flour and salt together in food processor until combined, about 3 seconds. Add butter and pulse until size of large peas, about six to eight 1-second pulses.

2. Mix sour cream and 4 tablespoons ice water in small bowl until combined. Add half of sour cream mixture to flour mixture; pulse for three 1-second pulses. Repeat with remaining sour cream mixture. Pinch dough with fingers; if dough is floury, dry, and does not hold together, add 1 to 2 additional tablespoons water and process until dough forms large clumps and no dry flour remains, three to five 1-second pulses.

3. Turn dough onto work surface. Shape into ball and flatten to 5-inch disk; wrap in plastic and refrigerate until firm but not hard, 1 to 2 hours. (Dough can be refrigerated overnight.)

Filling:

- 1 Tbsp butter
- 6 cup veggies, sliced or diced (any veggies—parsnips, Brussels sprouts, onions, leeks, potatoes are good!)
- 1 clove garlic, minced
- 1/4 cup flour
- 2-3 cups veggie stock or milk (milk is best!)
- 1/2 tsp thyme
- 2 Tbsp parsley
- 1 tsp soy sauce
- Black pepper

Preheat oven to 400 degrees.

Sautee veggies in butter 5 minutes. Add garlic, sautee 5 minutes more. Sprinkle flour on top. Continue cooking, stirring constantly for two minutes. Gradually add warm liquid stirring constantly until mixture thickens. Add thyme, parsley, and soy. Continue cooking until veggies are somewhat tender (10 minutes). Stir in salt and pepper. Transfer to deep pie dish or baking casserole. Cover with crust. Bake 20-30 minutes, until crust is golden brown.

Farm news

Week 18 is finally upon us! Please accept our deepest thanks for helping make this year's harvest possible. Without your support and commitment up front, along with your willingness to risk the vagaries of the growing season, we would not have been able to produce so many wonderful vegetables. We hope the Friday pick-up, the switching out of boxes, and the variety from week to week (or sometimes, lack thereof—surely you're not tired of Brussels sprouts yet!) were worth your while. We are sending along with this newsletter a short evaluation form that we ask you to take a few moments to fill out. Any feedback you can offer would be a great help to us.

As for next season, look for a letter to arrive to you in late winter or early spring with an update on the state of the Voluntown Peace Trust CSA.

Until then, enjoy the abundance!

The VPT Garden Team

What's in your box

Celery

Greens

Butternut Squash

Parsnips

Decorative gourds

Leeks

Brussels Sprouts

Onions

Potatoes