



Goodness Grows
Create. Cultivate. Thrive.

The Goods

Our last succession of summer squash is producing nicely! We have Benning's Green Tint Patty Pan, Cocozelle (striped) Zucchini, and Green Lebanese Summer Squash! The organic, Yukon Gold Potatoes are from Villa Maria Farm. The plums are from Haus Orchard.

There will **not** be a garden volunteer night this Thursday, Sept 23rd.

We will be holding the first City Fresh Educational Event at the Center for Community Empowerment, on Youngstown's east side. Contact us if you are interested in helping Thurs.

Your Share This Week Includes:

● Tomatoes

*Green Zebra, Pruden's
Purple, Principe Borghese-
drying, cherry, yellow,*

● Husk Cherries

● Hot Peppers

● Yukon Gold potatoes

● Plums

● Sage

● Chives

● Lincoln Leeks

● Mixed Greens

● Summer Squash

*Patty pan, zucchini, yellow,
green Lebanese*

Green Lebanese



Lincoln Leeks:



Patty Pan Summer Squash

Youngstown Community Congress

Monday, September 27, 2010

The Mahoning Valley Organizing Collaborative has organized this meeting to "make the Valley's Voice heard in the 2010 elections." Key issues to be discussed include: vacant properties, neighborhood safety, jobs, and access to healthy foods.

6:30 p.m. at Trinity United Methodist Church
30 West Front St.

Youngstown, OH 44503

more info 330-743-1196 info@mvorganizing.org

11th Annual Harvest Day Celebration At Villa Maria Farm

Saturday, October 2nd 12:00 noon- 5:00 p.m.

Activities include hayrides, climbing wall, nature trail walks, old-fashioned children's games, pumpkin baked good contest, drum circle, pumpkin painting, make your own herb vinegar and herb dip.

"The Weathered Road" –live folk, bluegrass band

Food stations feature produce and meat raised on the farm: wraps, burgers, sausage, butternut squash soup, deep dish carmel apples, and apple cider.
www.Humilityofmary.org 724-964-8920 ext 3348

Goodness Grows
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Creamy Leek, Potato, and Sour Cream Chive Soup

- 3 Tbsp butter
- 2 leeks, thinly sliced (white and pale green part only; about 4 cups)
- 1 tsp dried tarragon
- 1 pound Yukon Gold potatoes, peeled, thinly sliced
- 4 cups chicken stock
- ½ - 1 cup sour cream
- 4 Tbsp chopped fresh chives, divided
- salt and pepper

Melt butter in pot over medium-low flame. Add leeks and tarragon; cover and cook slowly, 15-20 minutes. Add potatoes and stock; bring to simmer, cover, and cook until tender, 10-15 minutes. Puree mixture. Return puree to pot; stir in sour cream and 2 tablespoons chives. Add salt and pepper to taste. Sprinkle each serving with additional chives. Makes 6 servings

Leeks belong to the lily family, along with their close relatives onions, garlic, scallions, shallots, and chives. The leek is a striking and graceful vegetable. Broad, flat, dark green leaves cascade like a fountain around the contrasted white of its base. Milder and more refined in flavor than onions, leeks produce a pleasing aroma and sweeten as they cook. And there are no tears while cutting a leek.

Native to the Mediterranean area, leeks may have originated in Egypt, where they were cultivated and worshipped, or, as it has been written, “where onions are adored, and leeks are gods.”

Storage Tips: Refrigerate leeks unwashed and dry with roots attached for up to 2 weeks. Wrap lightly in plastic to avoid aromas spreading to other foods.

Cooking Tips: To clean: remove green tops to within 2 inches of the white section. Peel off outside layer. Cut leek in half lengthwise and wash thoroughly under water to remove soil between the layers.

- ~ Leeks may be eaten raw, chopped into a variety of salads.
- ~ Leeks may be cooked whole; try braising or baking.
- ~ Steam or boil leeks for 10-12 minutes. Top with butter, a dash of salt, pepper, and Parmesan cheese.
- ~ Layer thin slices of leek in a favorite sandwich. Leek, tomato, and melted cheese is a winner.
- ~ Chop or slice leeks into quiches, egg dishes, casseroles, stews, stocks, soups and stir-fries.
- ~ Substitute leeks for onions in recipes and notice the subtle flavor changes.
- ~ Puree cooked leeks for a soup base.
- ~ Add leek leaves to long-cooking dishes, such as grains, beans or stews for added flavor.
- ~ Add cooked leeks to mashed potatoes.

Ravioli in Butter Sage Sauce

- 1 package or ravioli (20 oz)
- 1/8-1/4 cup fresh chopped sage
- ½ cup (1 stick) butter
- 1/4 cup toasted pine nuts
- 1/2 cup grated Asiago cheese

Boil ravioli according to package instructions. Meanwhile, melt butter in small saucepan over low heat. Add chopped sage. Drain ravioli, return to pot, and stir in butter sage sauce.

Top with toasted pine nuts and Asiago cheese. Makes 4 servings

Recipes and excerpt from- “From Asparagus to Zucchini” Madison Area CSA Coalition