

Seasonal Recipes & Ohio Poetry

Basic Vegetable Stock

Stock is easy to make at home and is a healthier option than store-bought stock. It can be stored in the fridge for up to four days. Alternatively, it can be prepared in large quantities and frozen.

1 tablespoon of olive oil
1 potato chopped (1/2 cup)
1 carrot, chopped (two tablespoons)
1 onion, chopped (2/3 cup)
1 celery stalk, chopped (1 cup)
2 garlic cloves, peeled
1 sprig of thyme
1 bay leaf
a few stalks of parsley
2 1/2 cups of water
salt and freshly ground pepper

Heat the oil in a large saucepan. Add the vegetables and cook, covered, for 10 minutes, or until softened, stirring occasionally. Stir in garlic and herbs. Pour the water into the pan, bring to a boil, and simmer, partially covered, for 40 minutes. Strain, season with salt and pepper, and use as required (DON'T EAT THE BAY LEAF!).

Easy Low-Fat Baked Sweet Potato Fries

3 large sweet potatoes, cut into wedges
1 tbsp olive oil
1 tsp cumin
dash cayenne pepper
1/4 tsp paprika
1/2 tsp salt or seasoned salt

In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.

Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.

I really like to eat these plain, but you could serve with ketchup, a ranch dressing dip or barbecue sauce. Enjoy your baked sweet potato fries!

NEW BREAD SHARE: After months of searching for a bread artisan that could offer quality breads without the additives, we found **Healthy Bakes By Catherine**. Healthy Bakes, operated by Catherine Reiter, produces breakfast cookies, artisan breads, herbal teas, biscotti and the happiest brownies. Catherine States, "My mission is to feed anyone who enjoys good food but to do it in a way that doesn't compromise the taste of the food or the health of the person eating it."

TUBERLICIOUS INFO

Sweet Potato (*Ipomoea batatas*)

There are two types of the nutritious sweet potato; one has cream flesh, the other orange. The orange fleshed variety has a higher nutritional content because it is richer in the antioxidant beta carotene, but both types contain potassium, fiber, and vitamin C, as well as providing plenty of sustained energy. Yams or sweet potatoes are thought to cleanse and detoxify the body and can boost poor circulation.

Teak, OH

-Christof Scheele

Ohio has racoons & no more
courage than a milk snake or the new
cow's mottled udder, swelling half-in, half-
out of the steaming helpless pail.

They say I lived there once. There could be more
I don't know. It was dark, a shadow
lightly palmed the curbside trash, no
angel came to suckle me, I ran.

They must be right. They must know more
or less as much as me. I had one timid
hook. I fished all day. The place fell
off their maps. I taught the gods your name.

Christof Scheele teaches composition at Bowling Green State University in Bowling Green, Ohio. His poems have appeared in Quarterly West, Beloit Poetry Journal, Prairie Schooner, and Hayden's Ferry Review. In 2003 he received an Ohio Arts Council Individual Artist Fellowship in Poetry.

Have a fresh or canning recipe to share? Let us know and we will include it on the following week's info sheet! Call or email 419-290-0442 - eriefresh@gmail.com

September 4, 2009 Erie Fresh CSA Share • Week 14

YAM • JAMSSIT • ONION • ZWIEBEL • PARSLEY • PREZZEMOLO



In Your Share...

- Baby Yams
- Yellow Cherry Tomatoes
- Leeks
- Yellow Onions
- Red Onions
- Heirloom Tomato Mix
- Green Beans
- Sierra Lettuce or Swiss Chard
- Red Bell Peppers
- Cubanel
- Parsley



for more information about local resources,
visit <http://eriewire.wordpress.com>

Although our Erie Fresh Certified Farmers grow naturally without the use of harmful chemicals to ensure a quality of excellence for our CSA members, we recommend that you practice good food safety methods and wash the produce before consumption.

Check Out Your Erie Fresh Growers

and visit <http://sanduskyfarmersmarket.wordpress.com>

Heywood Gardens

Potted edibles, cut-flowers and a variety of seasonal produce. HeywoodGardens experiments in rich heirloom crops that are grown for their exquisite taste.

Thayer Family Gardens

A family farm growing nourished and well-cared for produce and poultry.

J.C. Homestead Farms

Naturally-grown hay, vegetables and a variety of free-range meats.

Riehm Farms - Fun Acres

Five generation family farm offering naturally raised meats and a variety of seasonal produce. A unique and cutting edge vegetable and fruit grower. Using nutritionally tested, organic practices on rich Black Swamp soils.

EACH SATURDAY, BE SURE TO RETURN YOUR EMPTY CANVAS BAG FROM THE PREVIOUS WEEK!