

Journey School Food Community

Whole Life, Whole Year CSA Newsletter

Week Three: November 18, 2006

Happy Thanksgiving! We'll skip our regularly featured stories and speeches this week to invite you to read the beginning of "Full Moon Feast" by Jessica Prentice. I am simply unable to summarize this way-more-than-a-cookbook in a few sentences. Suffice it to say, the author has triumphed in creating a literary form of our CSA. The new moon is just around the corner. I hope your family will find as much beauty and inspiration following the Moon chapters as we do. Blessings and Thank You to all, Jeff, Lisa, Zoe, and Rae

Smoked Salmon Dip

1 pound smoked salmon, boned and flaked
1 package cream cheese
1 16 oz. container sour cream
horseradish or prepared cocktail sauce to taste
bag of spinach and chard greens coarsely chopped into small pieces
a few scallions, cut into small ¼ inch slices

This is a typical Lisa recipe – start with a few basic ingredients, and let your tongue tell you when you've got it right. I always mix the salmon, cream cheese, horseradish or cocktail sauce, and sour cream a few hours before we plan to enjoy the dip so the flavors have time to meld. Then, add the greens right before so they stay fresh and crisp, adding distinctly different flavors in each bite.

Lakota Squash

To cook the squash, simply cut in half vertically, scrape the seeds, and lay cut-side down on an oiled baking dish. Cook at 350 degrees for about 45 minutes to an hour. This squash is yummy and serves well as a side dish or pumpkin pie. Speaking of pumpkin pie, we hope to see you at the Farmers Market tomorrow to cheer on the Journey School pies. We'll have a Lakota Cheesecake entry as well as a Lakota and Nog!

This week's share includes:

- 1 Lakota Squash
- 1 Bag Gourmet Baby Greens Mix
- 1 Dozen Eggs
- 1 Bag Carrots
- 1 Bunch Fresh Thyme
- 1 Bunch Kale
- 1 Bag Spinach, Chard Greens & Scallions
- 1 Loaf Organic Bread - Your Choice

Be sure to use your kale for Kale Pie – the perfect day after Thanksgiving casual meal.