

Journey School Food Community

Whole Life, Whole Year CSA Newsletter

Week Four: November 24, 2006

Creamy Squash Soup

1 acorn, butternut, or buttercup squash
3 tablespoons butter
2 cups chopped onions
1 small carrot
1 medium potato
2 cooking apples, peeled, cored and chopped
3 ½ cups water
1 ½ cups milk or apple juice or 1 cup heavy cream
1/8 teaspoon cinnamon
salt and pepper to taste

Clean the squash, cut it in half, and scoop out the seeds. Place it, cut side down, on a lightly oiled baking pan, cover, and bake at 350 degrees about one hour until soft. Meanwhile, sauté the onions in the butter until they are translucent. Add the carrots, potatoes, apples, and water. Bring the vegetables to a boil, lower the heat, and simmer about 20 minutes, until all the vegetables are tender.

When the baked squash has cooled, scoop out the soft insides and discard the skins. Combine the squash, vegetables, and stock with the milk, cream, or apple juice in a blender or food processor and puree in several batches to a smooth, creamy consistency. Heat the soup on low heat until it is hot, but not boiling. Add the cinnamon. Season to taste with salt and black pepper.

Potato Kugel

5 medium potatoes, peeled if desired
2 medium onions
4 eggs
1 teaspoon salt
black pepper to taste
¼ cup bread crumbs
¼ cup vegetable oil

Coarsely grate the potatoes using the largest side of a hand grater. Remove the potatoes to a colander and squeeze out as much water as possible.

Preheat oven to 350 degrees.

Grate the onions on the finer side of the grater. Beat the eggs in a large bowl. Add the potatoes, onions, salt, pepper, and breadcrumbs. Mix well.

Put the oil in a 12 x 12 inch baking pan and place it in the hot oven for 5 minutes. Pour the hot oil into the batter, stirring just a little, and then pour the batter into the hot pan. The procedure makes the kugel crusty. Bake for 1 hour until lightly browned.

Glorious Grains: good food delivered

By Susan Riemer
Nov 22 2006

Islander Sharon Poole knew when she was 6 years old that she was going to be a baker when she grew up. At 16 she worked in the bakery of a grocery store in Kansas City, and she has been baking ever since.

Currently she is the owner of Glorious Grains, a baking company that focuses on wheat and gluten-free items and spelt baked goods. Poole is happy to bake traditional baked goods as well and relies on quality ingredients regardless of what she is baking. "I use as many organic ingredients as possible. All the flours, grains, produce and dairy are organic," she says.

With the holidays looming, she has a holiday menu, which she is happy to give to people over the phone or e-mail to them. But she can bake most anything, she says, and enjoys filling custom orders. Her regular repertoire includes sandwich bread (including oatmeal and pumpkin), Danish, cinnamon rolls, croissants and muffins and savory items such as vegetable-filled croissants and French bread with vegetables and cheese rolled up into it.

Poole bakes in West Seattle in a professional kitchen there and delivers her baked goods to Islanders. With two days' notice, she will bake whatever customers want and deliver the order to their door, regardless of the size of the order, she says. The delivery fee on Vashon is modest, and if she has several deliveries in the same neighborhood or in her own, she will waive the fee, she says. The delivery is part of the fun of her business. "It's really exciting to be able to share this food with people," she says. "I enjoy making it and meeting the people who order it."

With her focus on more healthy baking, most of Glorious Grains' items are not too sweet. "I use very, very little white or refined sugars, so when people want a treat, they don't have to feel guilty or sick afterward," she says.

Poole says she began to bake in a more healthful fashion because of her struggle with weight and in baking for her dad, who is diabetic. "I started to make things with whole grains for him. The whole grains retain so much more of their nutritional value than refined foods," she says.

Poole also worked for a short time in the social work field and notes that sometimes baking also provides the same kind of service to people. "I made cupcakes for a 5-year-old boy with lactose intolerance once. When I dropped them off, he said, 'Thank you. I've wanted a cupcake my entire life.'"

Those who have been longing for a cupcake their whole lives or just for the last day or so can call Poole at 856-0779. She is easiest to reach afternoons and evenings.