

Wise Acres Farm

Thanksgiving Harvest Share

Hello, and thank you for purchasing our farm's Thanksgiving Harvest Share! We hope that the local and organic fall veggies in your share will be a nourishing conversation piece at your Thanksgiving table and for the weeks to follow.

Everything in your share was grown right here on our farm in Kenduskeag. Many folks are surprised to learn how many different vegetables are available from Maine farms all the way through the late fall and winter! We harvest crops throughout the fall and store them in our cellar and walk-in cooler. If you signed up for our pre-Christmas share, you will get another round in December, and we will also be attending the Bangor Winter Farmers' Market, which is on the 1st and 3rd Sundays at the Sea Dog Brewing Co. from 11-1.

Those of you who participated in our CSA (Community-Supported Agriculture) program this past summer are already familiar with our farm's story, but if you would like to learn more, visit our website at www.wiseacresfarm.net, follow us on Facebook and Instagram, and please get in touch with questions about how we grow and where you can find our produce!

Thanks again, and Happy Thanksgiving!

- Brittany and Joy

Recipes and Veggie Notes

You can probably imagine lots of traditional Thanksgiving uses for these veggies. Some that we've thought of:

- Roast carrots, onions and herbs along with the bird
- Bake, scoop and mash squash as a side dish
- Bake the pumpkin and turn the puree into pie!
- Add herbs, leeks and/or shallots to stuffing
- Make a green salad with the lettuce (or save for leftover sandwiches)

On the following pages, you'll find some more recipes and suggestions for Thanksgiving and for healthy meals in the aftermath.

What's in the box?

Butternut Squash

Store at cool room temp for several weeks

Carrots

Store in closed bag in fridge for several months

Dried Thyme & Sage

Store in sealed container at room temp for up to a year

Leeks

Store in partially open bag in fridge for several weeks; remove layers as needed

Lettuce

Store in closed bag in fridge for up to two weeks

Long Pie Pumpkin

Store at cool room temp for several weeks

Red Onions

Store at cool room temp for several weeks

Shallots

Store at cool room temp for several months

Yellow Onions

Store at cool room temp for several weeks

Roasted Vegetable Medley

This is more of a technique than a recipe. Any firm, hearty vegetable can go in! Peel veggies like squash and onions that have a tough or papery skin. We leave the skins on organic veggies with thinner skins like carrots, beets, and potatoes, since that gets more fiber and flavor into the finished dish. Cut 4-6 cups of veggies into roughly ¾" chunks and add to a large roasting pan. Drizzle 1-3 T of olive oil and salt and pepper to taste over the top. Roast at 400 degrees, stirring every 10-15 minutes, until the veggie chunks are soft and brown around the edges. Stir in a sprig or a teaspoon of fresh or dried herbs when there is about 15 minutes of cooking time left. Serve hot or reheat as leftovers for several days.

Long Pie Pumpkin

These might look like overgrown zucchinis, but in our humble opinion they are the best pie pumpkins out there! They are ripe when they show at least a little orange color, and they continue to get more orange in storage. The flesh is very smooth and dry compared to many other traditionally-shaped pie pumpkins. To cook, we cut the ends off and cut the whole pumpkin in half lengthwise, scoop out the seeds*, rub with a little oil and bake on a cookie sheet or roasting pan, cut sides down, at about 375 degrees until a fork can easily pierce all the way through the flesh. Once the halves have cooled, you can take a big spoon and scoop the flesh out of the skin and into a bowl. It is pretty smooth to begin with, but to get it really smooth, use a food mill or processor. The pumpkins in your share should yield at least 2-3 cups of puree. Any extra will freeze well until you're ready to use it. If you don't want a pie, try pumpkin muffins!

*Save the seeds! They make a really nutritious snack! Separate them from the stringy stuff they're attached to, toss on a cookie sheet with a little oil and salt, and roast at about 250 degrees until they are crisp and brown. You can eat them plain or toss them with whatever spices you want. This will work with any squash or pumpkin seeds that don't have overly thick hulls.

Curried Carrot-Apple Soup

Adapted from [A Year in a Vegetarian Kitchen](#) by Jack Bishop

1 T canola oil
¾ lb carrots, cut into 1-inch chunks (no need to peel organic ones!)
¾ lb apples, peeled, quartered, cored and cut into 1-inch chunks
2 T minced fresh ginger
1 T curry powder (or to taste)
1 quart vegetable broth
Salt to taste
½ cup unsweetened coconut milk

Heat the oil in a soup pot over medium-high heat until shimmering. Add the carrots and apples and cook, stirring occasionally, until the apples start to soften, about 3 minutes. Stir in the ginger and curry powder and cook until fragrant, about 1 minute. Add the broth and salt to taste and bring to boil. Reduce heat to a simmer, cover, and cook until carrots and apples are tender, about 20 minutes. Stir in the coconut milk and heat briefly. Puree the soup in batches in a blender or with an immersion blender until very smooth. Add more salt and curry powder to taste and serve.

Pasta with Squash Sauce and Parmesan

Adapted from A Year in a Vegetarian Kitchen by Jack Bishop

2 T unsalted butter or olive oil
1 medium onion, finely chopped
Salt to taste
1 medium butternut squash, halved, seeded, peeled and cut into ½" dice (about 3 cups)
2 teaspoons crumbled dried sage leaves
1 cup vegetable broth
½ cup heavy cream (or water)
Freshly ground black pepper
1 lb short pasta (fusilli, orecchiette, penne...)
½ cup freshly grated Parmesan cheese (optional)
2 T minced fresh parsley leaves (optional)

Bring a large pot of water to boil for cooking the pasta. Melt butter (or heat oil) in large sauté pan over medium heat. Add the onion and ½ teaspoon salt and cook until the onion is softened and golden, about 5 minutes. Stir in squash and sage. Add broth and bring to a boil. Reduce heat, cover, and simmer until squash is tender, about 5 minutes. Remove cover, add cream or water, and simmer until sauce thickens, about 2 minutes. Meanwhile, cook pasta until al dente. Toss pasta with the squash sauce, cheese and parsley if using, adding salt and pepper to taste. Serve immediately.

Braised Leeks

From smittenkitchen.com

This is a fussier recipe than we usually take on, but it would make a great Thanksgiving side dish!

6 large leeks
Up to ¾ cup extra-virgin olive oil (OK to use less)
1 cup sliced shallots
1 tablespoon thyme leaves (1 teaspoon if dried)
1/2 cup dry white wine
1 1/2 to 2 cups chicken or vegetable stock or water
kosher salt and freshly ground black pepper

Preheat the oven to 400°F. Trim off the dark green tops of the leeks, leaving light green parts. Trim off the roots, leaving the root ends intact. Cut the leeks in half lengthwise, and rinse very thoroughly between the layers to remove any grit (especially near the tops of the leeks). Place the leeks, cut side down, on a towel and pat dry completely. Turn the leeks over so their cut sides are facing up, and season with 2 teaspoons salt and a few grindings of black pepper.

Heat a large sauté pan over medium-high heat for 2 minutes. Pour in 1/4 cup olive oil, and heat until shimmering. Place the leeks in the pan, cut side down, being careful not to crowd them. You may need to sauté them in batches or in two pans. Add more olive oil to the pan as needed, for each batch. Sear them for 4 to 5 minutes, until they are golden brown. Season the backs of the leeks with salt and pepper, and turn them over to cook another 3 to 4 minutes.

Transfer them to a large gratin dish, lining them up, cut sides facing up. Pour 1/4 cup olive oil into the pan and heat over medium heat. Add the shallots, thyme, 1/4 teaspoon salt, and a pinch of pepper. Cook about 5 minutes, until the shallots are just beginning to color. Add the white wine and reduce by half. Add 1 1/2 cups stock, and bring to a boil over high heat. Pour the liquid over the leeks. The stock should not quite cover them; add more stock if necessary. Braise in the oven 30 minutes, until the leeks are tender when pierced.

Split Pea Soup with Carrots, Leeks and Tarragon

Adapted from A Year in a Vegetarian Kitchen by Jack Bishop

2 cups dried green split peas, rinsed and picked over (if you can soak these in warm water for a few hours before cooking, it will speed things along)

9 cups cold water

2 small celery stalks with leaves, chopped (we don't usually have celery and omit this)

1/4 cup minced fresh parsley leaves

1 teaspoon dried tarragon

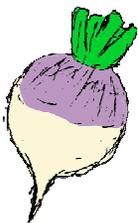
1 bay leaf

1/4 cup extra-virgin olive oil

4 medium carrots, chopped (have I mentioned that we don't usually bother peeling our organic ones?)

3 medium leeks, white and light green parts, thinly sliced and rinsed

Place the split peas, water, celery, parsley, tarragon, and bay leaf in a large pot or soup kettle. Bring to a boil, reduce the heat, and simmer briskly, stirring occasionally, until the split peas become quite soft and start to dissolve into the liquid, about 30 minutes. Meanwhile, heat the oil in a large skillet over medium heat until shimmering. Add carrots and leeks and cook, stirring occasionally, until softened and just beginning to brown, about 10 minutes. Add the carrots and leeks to the soup along with a generous amount of salt and pepper. Simmer briskly until the soup thickens, about 30 minutes. Remove and discard the bay leaf. Add salt and pepper to taste.



Wise Acres Farm
Brittany Hopkins and Joy Trueworthy
424 Townhouse Road, Kenduskeag, ME 04450
wiseacresgarden@gmail.com • (207) 730-6214

