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# OFF THE VINE

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## 4th Annual One-Pot Cook-Off

By Dale Matthews

This Sunday the Northside Farmers Market will host its "Fourth Annual One Pot Cook-Off". It's an open contest, where the cooks actually do their magic at the Market, and anyone can enter.



Most importantly, everyone who comes to the Market has the opportunity to sample the dishes and cast their vote for "One-Pot Chef" of the day. Cash prizes will be awarded for the "Peoples' Choice" winner. If past years are any example, this year promises to offer an even greater variety of truly outstanding dishes. And, the recipes will be available on the Market's Web site. An added ingredient will be musicians who will provide music they say is known to whet appetites.

Cooking starts at 8:00 am and the public tasting begins at 11:00. So come on down to the market and vote for your favorites!

## Market Report

By Chris Moore

**Sweet Potatoes** are coming to the Market! Jimmy and Jackie Hudson are bringing sweet potatoes next week, some up to 6

lbs in size! And, believe it or not, they have a crop of fresh sugar snap peas.

Have you considered liver and onions? Marilyn from CC Angus thinks you should. Get ready for winter by making broth based on soup bones or shank bones. Stop by and get a vegetable beef recipe so you can cook it up yourself. Marilyn says that after all, “cooking uses all one’s senses.” Experience it yourself!

Make sure to check out the **fresh apples**. It turns out that each market bring different varieties – last market we saw **Fortune**, Jonagold, Suncrisp, Sweet 16, **Bonnie’s Best**, Spigold, Nova Spy (absolutely crispy and delicious), and Enterprise apples.

Polly Jane’s Pickles and Jams is canning up a storm. Her hot (spicy) pickled veggies will begin to include every kind of “in-season” veggie. Also be on the lookout for Broccoli and Cauliflower from Natalies’ Garden.

On the other hand, if you want something hot (heat) to drink, check out the New Cranky coffee breakfast blend (Brazil, Sumatra, and Guatemalan beans). You can sample some at the NFM info booth and with it you should get some bars from Capital City Cookies including Apple Pie, **Caramel Apple**, and Pumpkin Pie.

Just when you were thinking that winter is around the corner, that no fresh veggies are around – come to the market and we will prove you wrong. We have an amazing selection of items including (A to Z!):

From A...

**Acorn Squash**, Apple Grape Jam, Apple Pie Filling, Asian Jazz Peanut Butter, Asparagus Spears, **Baby Dills**, Banana Peppers, Basil, Beets, Bell Peppers, Bitter Melon, Blueberry Jam, Bok Choy, Broccoli, **Broom Corn**, Brussel Sprouts, Butternut Squash,



Cabbage, Carrots, Celery, Chickens (Pastured), Chives, Cilantro, Collard Greens, Corn (Maybe), **Cucumbers**, Curry

Squash, Dill, Dilly Beans, Earthrise Ground Beef, Eggplant, Farmer John's Cheese, Fingerling Potatoes, **Flowers**, French Radish,

Fresh (Organic) Mushrooms, **Fresh Spinach**, Fresh Young Spinach, Garlic For Eating, Garlic Seed For Fall Planting, Gherkins, Grass Fed Beef, **Green Beans**, Green Onions, Green Peppers, Ground Cherries, Head Lettuce, Home Grown Tomatoes,

**Honey Bear Squash** ("Sweet As Honey," Not Stringy), Hot Breakfast, Hot Pickled Veggies, **Hot Thai Chili Peppers**, Jalapenos, Kale, Kohlrabi, Large Organic Pumpkins, Leaf Lettuce, Leeks, Lemon Grass, **Mint**, Mixed Lettuce, Mustard Greens,

Napa Cabbage, **Organic Peanut Butter From Yumbutters**, Pak Choi, **Parsley**, Pastured Farm Fresh Eggs, Patty Pan Squash, Peanut Butter Swirl Brownie, **Pear Butter**, Pickling Cucumbers, Polly Jane's Pickles And Jams, Pumpkins, Purple Cabbage, **Radishes**,

**Raspberries**, Red Onions, Red Peppers, Red Pontiac Potatoes, Red Potatoes, Redmeat Radish, Rhubarb, **Romaine Lettuce**, Saxon Homestead Creamery Cheese (Big Eds, Pastures, Green Field, Saxony), **Spaghetti Squash**, Spinach, Squash, Stew Meats,

To Z...

Strawberries, Sweet Potatoes, **T-Bone Steak**, Toasted Coconut, **Tomatillos**, Tomato Mountain Salsas, Turnips, Turnip Greens, Watermelon (May Be Gone Soon!), **White Onions**, Yao-Choy, Yellow Beans, Yellow Onions, Yellow Peppers, Yellow Squash, **Yukon Gold Potatoes**, and Zucchini (whew!).

## **Curried Squash and Apple Soup**

An Original Recipe by Angela Trentadue

As we have now passed the fall solstice, I felt it was okay to put out a recipe using winter squash. This is a favorite in my family and it's easy enough for anyone to make. This recipe calls for a butternut squash, but it would be a great place to try one of the hardier varieties - like kabocha, kuri or buttercup - since all that needs to be done is baking and then scooping out the flesh.

Preheat oven to 400 degrees.

Cut in half lengthwise:

1 large butternut squash

Scoop out the seeds, rub the cut side with butter and sprinkle

with salt and pepper.

Lay face down on a large sheet pan and add:

2 apples, peeled and cut in half, core removed

Bake about 40 minutes or until squash is very tender. If apples begin to turn brown before the squash is done, remove them and continue cooking the squash. When squash is tender, remove from oven and allow to cool slightly.

Meanwhile, roughly chop:

1 large yellow onion

1 large clove garlic

Heat 1 tablespoon butter or coconut oil in a large saucepan over medium heat. Add the onion and cook until tender, about 5 minutes. Stir in the garlic and cook about 2 minutes more.

To this add the spice sachet (recipe below). Stir to soak the sachet with the onion mixture and begin the release of oils from the spices. Allow to cook a few minutes more.

Add 4 cups of water (or chicken or vegetable stock) to the pan, bring to a simmer and cook about 15 minutes.

Once the apples are cool enough to handle, chop them into 1/2" pieces and add to the soup pot. Continue with the squash, scooping the flesh from the skin and stir into the soup. The squash should be soft enough to break down in the liquid and become creamy. Cook just a few minutes more, then remove from heat.

To finish, remove sachet from pot and, working in small batches, puree the soup in a blender or food processor. As each batch is done, pour into a new, clean saucepan. Adjust seasoning, adding salt as needed, or water if the soup is too thick. If it's too thin, simmer over low heat until it thickens. Serve with a swirl of yogurt or sour cream.

Curry Spice Sachet:

1- 1" piece fresh garlic

1- 3" piece cinnamon stick

4 cloves

2 teaspoons whole coriander seeds

1 teaspoon cumin seeds

1/4 teaspoon cardamom seeds

Place spices together in the center of a piece of 4" square piece of cheesecloth. Pull up each of the corners to form a little bundle and tie with kitchen string.

*Angela, author of these recipes and an NFM supporter, would love feedback on her recipes – too weird, too hard, too simple,*

*just right? Send us an email to: [nfmvolunteer@charter.net](mailto:nfmvolunteer@charter.net)*

The October 2, 2010 edition of the Vine e-newsletter is written and edited by  
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