



News from Provident Organic Farm



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Season 3, Week 27

“dedicated to a safe, just, and sustainable food system”

Oct. 10th-16th, 2004

Notes from the Field, v. 3, #27

Jay is busy repairing his water pump, so there are no notes from the field this week.

Tsimmes

“Tsimmes” is Yiddish for a big mix-up or a big to-do. The traditional version includes meat, but this lighter vegetarian version makes a nice side dish.

1 lb	sweet potatoes, peeled and cut in chunks
1 lb	carrots, scraped and cut in chunks
1 lb	white potatoes, peeled and cut in chunks
1 Tbs	brown sugar
1 tsp	cinnamon
1 c	water
1 Tbs	Lyle's syrup or honey
3 sticks	cinnamon
1 pinch	ginger
1/2 lb	whole pitted prunes, soaked overnight

Combine sweet potatoes, carrots, white potatoes, brown sugar, cinnamon and water in a large pot. Simmer until potatoes are almost done and most of the liquid is gone. Stir in syrup, cinnamon sticks and ginger. Place in a greased casserole, cover and bake for 30 minutes. Stir in prunes and bake, uncovered, 30 minutes.

For a nice variation, use dried apricots instead of prunes. You can also easily change the proportions of vegetables according to your family's preferences. For example, leave out the white potatoes and use more sweet potatoes and carrots. When reheating this dish, you may need to add a small amount of water.



Good Stuff, Cool Stuff

Keep your calendar clear for October 30th for the CSA Halloween party at 1pm. More info to come soon. Please contact Lori Lilly at lilly@ezy.net with ideas or questions.

Sweet Carolina Cranberry Muffins

1 1/4 c	whole wheat flour
1 1/4 c	unbleached white flour
2 tsp	baking powder
1 tsp	ground cinnamon
1/4 tsp	ground nutmeg
1/4 tsp	salt
2	large eggs
2/3 c	honey
1 c	mashed, baked sweet potato (1 large)
1/2 c	canola oil
3/4 c	buttermilk
1 c	fresh or dried cranberries (if using fresh, cut large ones in half)

Preheat oven to 400 degrees. Grease a 12-cup muffin tin. Stir together the flours, baking powder, cinnamon, nutmeg, and salt in a medium-size mixing bowl.

In another bowl, beat the eggs with the honey, and then beat in the sweet potato, oil, and buttermilk. Pour the wet ingredients into the dry, stirring just until combined. Fold in the cranberries.

Spoon the batter into the prepared muffin cups, and bake for 18 to 20 minutes, until golden.

Let the muffins cool for a few minutes before removing them from the pan.

Taken from Ginny Callan's *Horn of the Moon Cookbook*, HarperCollins Publishers, Inc., 1996

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Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to ubuubok@dmv.com or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.