



10/5/11

Dear Members,

We built our first fire of the fall in our woodstove yesterday to try to ward off the damp chilly air that we've had all week. We've also been making soup almost every day. I don't think there's anything quite so comforting and warming on a cold day as a bowl of hot soup. And what makes a soup great is homemade stock, which is why I'm including a recipe for chicken stock below that uses several of the vegetables in this week's share.

Homemade Chicken Stock

- 1 whole chicken (or 2-3 lbs of bony chicken parts such as wings, backs, necks, etc.)
- 4 quarts water
- 2 tbsl vinegar
- 1 cup coarsely chopped onion
- 2 carrots, coarsely chopped
- The leaves from one bunch of leeks (or one whole leek)
- 3 celery stalks (optional)
- ½ bunch parsley

If using a whole chicken cut it into several pieces. Place all ingredients into a large pot. Sit for 30 minutes (this helps draw minerals from the bones of the chicken). Bring to a boil and use a spoon to skim off any scum that forms on the surface. Reduce heat, cover, and simmer for 3-6 hours. Remove from heat, let cool slightly, and strain. If using a whole chicken, pick the meat off the bones and save. This stock is now the perfect base for all kinds of chicken or vegetable soups (including the vichyssoise or potato leek soup that I gave a recipe for earlier this summer, and both of which you'll find in this week's share.) Also in the share are the carrots, onions, and parsley called for in the stock recipe, as well as lettuce, swiss chard and sugar dumpling winter squash.

The sugar dumplings are a very sweet, smooth-fleshed squash, similar to the Delicata winter squashes that we gave in the share two weeks ago. They are best treated the same as the Delicata; cut in half and roasted. You can then serve them with butter melted into the cavity, or scoop the flesh out and use it in a soup. We gave swiss chard once before in the share, but in case you need a reminder on how to cook it, here goes: Cut the midrib out and either discard it or steam it for about 5 minutes. Add the chard leaves to the midribs and steam for another 5 minutes or until tender. Drain and serve with butter and a splash of cider or wine vinegar.

Have a good week!