



## Recipes

Back before I was a farmer, I used to check out bookstores for the oldest cookbook that they had. In Upstate NY I had pretty good success finding some 19th century books.

They are interesting to look through for many reasons. One is seeing what vegetable recipes they have, and the cooking methods used in the past. Another is the name of the vegetables. Sometimes I'm not sure what some of the veges were, but maybe you do. How about Marti-noes and Scorzonera .

Here are some old recipes that fit with this week's shares.

**White Turnips**—from: *The United States Cookbook, A complete Manual for Ladies, Housekeepers and Cooks, Phil., 1884 (in English and German)*

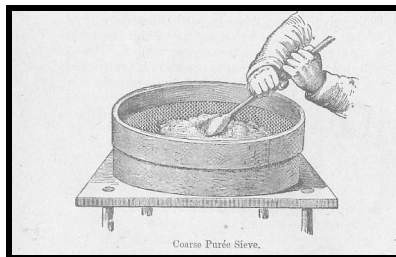
Take a good kind of white turnips, peel them carefully, and cut them in pieces, wash them, and let them steam slowly, with a little butter and the necessary soup-stock, or in water, until done. A few moments before dishing them, season with salt, sugar and white pepper, thicken with dried flour, and boil them four or five minutes longer. They must be very soft, but whole, to have an agreeable taste, and look very white.

**Winter Squash**—from: *The Young Housekeepers Friend or a Guide to Domestic Economy and Comfort by Mrs. Cornelius, 1850, Boston*

Cut it in pieces and take out the inside, but do not remove the deep yellow fringe that lines the cavity, as that is the sweetest part. Pare the pieces and stew them in as little water as possible. If you have a tin with holes in it, which will fit the kettle and keep the squash from touching the water, it is the nicest way to steam it. Be careful it does not burn. It will cook in an hour. Mash it in a dish, or if it is watery, squeeze it in a coarse cloth like summer squash. Stir in butter and salt. Lay it into the dish, smooth the top, and, if you like, pepper it.

**Turnips Valuable as an Occasional Feed for Horses**—from: *Dr. Chase's Receipt Book, 1886*

Turnips are healthful for horses, when sliced, or what is better, pulped finely and mixed with a little salt and corn meal. Of course, rutabagas are richer than the flat, or field turnip.



Coarse Purple Sieve.

## Your Share Items

### Turnips

Some vegetables people don't know what they are. With others people ask you for them. It surprised us last year that at market, people will go looking for turnips.

High in carbohydrates and vitamin C, they originated along the mid-latitude of the Mediterranean.

We store turnips in a box of sand in our root cellar over the winter, as they like it cold (low 30's) with a very high humidity.

Turnips don't deserve the cold shoulder they get in the modern American diet, as they have a nice flavor and can make a dish unique. One of the simplest ways to enjoy turnips is to take your favorite mashed potato recipe and substitute turnips for half the potatoes.

### Winter Squash

As you know by now, squash is a plant native to the Americas, which makes it a bummer for us that they are hard to grow organically. We hope that you enjoy this year's squash, as it may not have had a chance to mature 100% before the plant succumbed to insect and wilt problems.

Also high in carbohydrates, you can get a good dose of Vitamin A from the most orange skinned va-

rieties. You can also get a little fiber by saving the seeds, rinsing and drying them before coating them with a little oil and salt, and roasting them.

Store winter squash in a warm dry place. We store them in the loft of our wood heated home.

Winter squash is always good when accompanied by butter and maple syrup for a sweet dish, or butter and sage for a savory dish.

### Sage

Native to the north shore of the Mediterranean, sage has been used medicinally for centuries, curing snake bites, memory loss, and many other ailments. It has a strong but agreeable fragrance, somewhat piney and citrusy.

We grow the gray leaved common sage (*salvia officinalis*.) It is good used either fresh or dried and goes especially well with pork, poultry, sausage and winter squash. Dry what you don't use for your Thanksgiving stuffing.

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