

Joyfully Organic Farm's Weekly
Harvest Share



Remember those caterpillar tunnels we built in the spring to house our hot crops like tomatoes, eggplants and peppers? We've been busy this week moving them to their new home, overtop our winter greens! #farmtilwedrop #seasonextension



IN YOUR SHARE

Fennel The bulbous veg has so many purposes. The fronds are great in salads, potato salad or in sandwiches. The bulb itself has a bright, anise taste that is [awesome in slaws](#). However, tons of folks [looooooove grilling or braising this veg](#). Once you try it, you may never go back.

Local Feature: Cauliflower This cauliflower is full of flavour. We recommend eating it raw with your favourite veggie dip or cauliflower makes a great creamy substitute when making a a vegan alfredo pasta sauce.

Butternut Squash Our feature recipe of the week has tremendous flavour and will warm you from the inside out on these cool autumn days.

Local Feature: Lettuce Delicate and large in size, this lettuce is excellent. It's a prime lettuce for salads, or the leaves are large enough that they are [a fun candidate for lettuce wraps](#).

Kale Butternut squash and kale are good friends. We like combining them in this [Roasted Butternut Squash Kale Salad](#), pictured below.





ROASTED FENNEL + BUTTERNUT SOUP

- 1 Tablespoon extra virgin olive oil
- 1 medium onion, sliced or diced
- 1 large fennel bulb, thinly sliced
- 4 cups butternut squash
- 4 cups stock (chicken or vegetable)
- salt and pepper, to taste
- ½ cup heavy cream or creme fraiche, or coconut milk - optional
- optional garnishes: fresh fennel fronds

Preheat oven to 400 degrees F. Drizzle a little olive oil in a 9 by 13-inch glass baking dish. Add the onion, fennel and butternut squash. Drizzle with a little more oil and toss to coat. Season well with salt and pepper. Roast for 30-45 minutes until the fennel and butternut

squash are tender. Remove from oven and place in a pot and cover with the stock or broth. Bring to a simmer and cook for about 10 minutes. Puree soup using an immersion or traditional blender. If desired, add cream or creme fraiche, taste and add more salt and/or pepper, if needed. Ladle into bowls. Garnish with the fennel fronds and fennel pollen, if desired.

Recipe by: [Cafe Johnsonia](#)

STORAGE TIPS

In the fridge:

Cauliflower, Fennel

In a bag in the fridge:

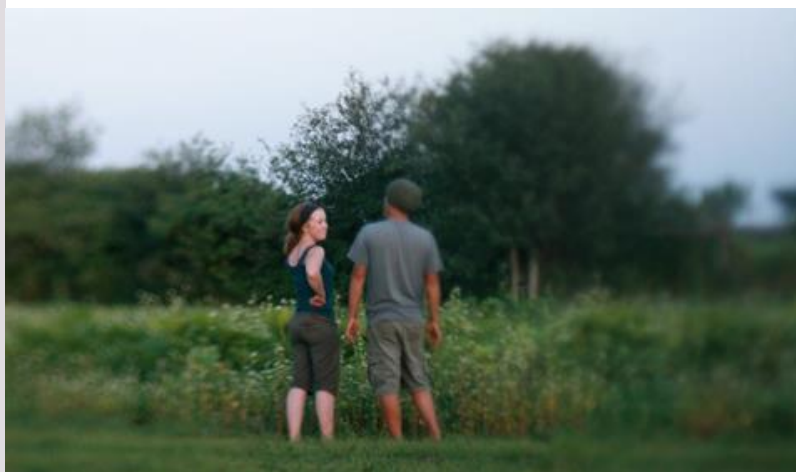
Fennel fronds, kale, lettuce

On the counter / in the pantry:

Squash

Your Farmers,

Matt + Liz





Joyfully Organic Farm
Ontario

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