 CSA Newsletter Week #13:

# What an eventful week!

This was been some kind of week for us. Did you catch Friday’s issue of Swerve Magazine [Kris featured in SWERVE article](http://www.calgaryherald.com/swerve/eats-and-drinks/Slow+Food+Calgary+gets+boost+from+biodynamic/10172109/story.html) ? Then the snow hit us hard on Monday and CBC Radio called on Tuesday morning asking for an interview [Tamara's interview with Alberta at Noon](http://www.cbc.ca/albertaatnoon/episode/2014/09/09/tuesday-september-9-2014/) ! It feels like we need a warm bowl of soup to go with all this winter weather. We did our best with the bins this week, all things considered. We hope you will enjoy!

# This week’s bin features:

* Corn on the Cob
* Celery
* Potatoes 3 lb. bag
* Beet Bunch (?)
* Rutabaga
* Shallots
* Cabbage (red, green ***or*** savoy)
* Sweet marjoram ***OR*** Sage
* Curly ***OR*** Italian parsley
* Apples
* Edible Flowers & Nasturtium Leaves

### Add-on Shares:

* Smoked Bacon
* Rye Flour
* Spicy Dill Pickles
* 1 dozen farm fresh, free range eggs

### Recipes of the Week:

**Beet Soup (Borscht)**

About 5 cups

Heat in a soup pot over medium heat:

**1 Tbsp. Butter**

Add and cook, stirring, until softened, about 8 minutes:

**2 cups very finely chopped beets**

**½ cup very finely chopped carrots**

**1 cup very finely chopped onions**

Add, and bring to a simmer, simmer 30 minutes:

**2 cups stock (vegetable or animal)**

**1 cup very finely shredded green cabbage**

**1 Tbsp. red wine vinegar or sherry vinegar**

Season with:

**Salt & Black Pepper to taste**

Serve Hot or Cold. Garnish with a dollop of:

**Sour Cream, Chopped Dill Pickles and or Dill**

**Vegetable Soup**

About 7 cups

Heat in a large saucepan:

**2 Tbsp. Olive oil or Butter**

Add and cook on medium heat until slightly softened:

**1 cup diced onion**

**1 cup diced celery**

**½ cup diced carrot**

Add:

**4 cups stock (vegetable or animal)**

**2 cups chopped tomatoes**

**(1 cup diced peeled potatoes)**

**(1 cup diced peeled rutabaga)**

**2 tbsp. chopped parsley**

**1 tea. Salt**

**¼ tea black pepper**

Cover and cook for about 35 minutes, then add:

**(1 cup chopped cabbage or spinach)**

Cook about 5 minutes more. Add:

**2 tbsp. chopped parsley**

**Salt and black pepper to taste**

**Blueberry Muffins**

100% Whole Grain, Makes 12 muffins.

Stir together 1-2/3 C Whole Grain Flour (whole wheat, barley or rye), 2 Tsp. baking powder, and ½ tsp salt.

Beat together 1 cup buttermilk, 1 egg, 1/3 cup oil, and 2 Tbsp. brown sugar, honey or maple syrup.

Make a well in dry ingredients. Pour in liquids all at once and stir only until flour is moistened.

Fold in 1 cup blueberries.

Bake in greased muffin tins at 385 degrees for 18-20 minutes.