

This week you get **potatoes, beets, carrots** and Jerusalem artichokes or **sunchokes**. All of these are good keepers. Jamie Oliver says, "Jerusalem artichokes are sweet and almost garlicky and mushroomy and gorgeous. Although called artichokes they're actually tubers – like rough and ready potatoes. You can scrub and roast them whole like mini jacket potatoes and split them open, drizzled with a little chili oil. You can even use them in a *salad* with smoky bacon. A Jerusalem artichoke's best friends are sage, thyme, butter, bacon, bay, cream, *bread* crumbs, *cheese* and anything smoked."

This week you get **winter squash**, either kobochoa or buttercup. Some of them are very small. I cooked a tiny one last night. I cut it in half, scooped out the seeds, and placed the two halves in a pan with no more than an inch of water. I placed it in the oven, roasted it until it was tender, scooped out the soft flesh with a spoon, mashed it and added a squirt of maple syrup. Everyone enjoyed it.



This week is the last hurra for tomatoes. There was not the usual abundance because of the drought but the taste is the best ever. Lack of water concentrates the flavour. They are ripening fast indoors and we sauce them when they become overripe. There are several varieties. The greenish yellow with green stripes are green zebras. They are ripe when you get them. There are black prince, yellow taxi and valencia (orange) The rest are red varieties except for the two green tomatoes at the bottom of your box. They can be fried or left to ripen.. Enjoy.

There are 3 pounds of lipstick peppers in your tub. Unfortunately they had to be picked green. They are pointy but crisp and sweet. We love to eat them raw on a veggie tray but if you have an excess, they are easy to freeze for cooking later. Slice them into strips, place them in a container and put them into the freezer. No blanching is required.



There is also **celery, parsley,** and **onions,** The new herb this week is **oregano.**



While many people think of pizza when they think of oregano, this wonderful herb can add a warm, balsamic and aromatic flavour to many different dishes. Oregano goes great with tomatoes as well as sautéed mushrooms and onions. Adding a few sprigs of fresh oregano to a container of olive oil will infuse the oil with the essence of the herb. Fresh oregano makes an aromatic addition to omelettes and frittatas. Sprinkle some chopped oregano onto homemade garlic bread. Add oregano to salad dressings. Oregano, either in

its fresh or dried form, should be added toward the end of the cooking process since heat can easily cause a loss of its delicate flavour.

The cold nights have done one good thing. The flea beetles have slowed down and the **kale** is recovering. There will be a bouquet of kale in your tub. Carrots and Kale actually become sweeter when kissed by frost.

