

Fair Fields News

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On the Farm

The fall colours have set in at the farm,

This Week's Harvest

- ◆ Beets
- ◆ Carrots
- ◆ Celeriac
- ◆ Fennel
- ◆ Herbs
- ◆ Kale or Chard
- ◆ Leeks
- ◆ Lettuce
- ◆ Parsnips
- ◆ Peppers
- ◆ Spinach
- ◆ Squash
- ◆ Tomatoes

(Some substitutions or additions may occur.)

Feature Produce – Fennel

Fennel can be eaten raw, braised, roasted,



Shaved Fennel & Apple Salad

1/4 C fresh lemon juice
2 tbsp chopped fresh
tarragon, mint or dill
1/3 C olive oil
1 tbsp apple cider
(optional)
Salt & pepper

2 tart green apples,
peeled, cored & halved
2 bulbs fennel, thinly
sliced

Prepare the vinaigrette: Whisk together the lemon juice, chopped herbs and olive oil in a small bowl and season to taste with salt and pepper.

Prepare the salad: Cut the apple into thin slices and place in a medium bowl with the fennel. Toss with the vinaigrette and add salt and pepper if needed.

Adapted from Epicurious (on-line)

Makes 8 servings.

Braised Fennel

2 fennel bulbs with fronds
1 1/2 tbsp olive oil
1/4 tsp salt
1/8 tsp pepper
1/2 C chicken broth or vegetable stock
1/4 C water

Cut off and discard stalks from fennel bulbs, reserving fronds. Chop 1 tbsp fronds and discard remainder (or use for soup stock). Cut bulbs lengthwise into 1/2 inch thick slices, leaving core intact.

Heat oil in large, heavy skillet over moderately high heat until hot but not smoking, then brown fennel slices well, turning over once, 3-4 minutes total.

Reduce heat to low. Sprinkle fennel with salt and pepper and then add broth and water. Cook, covered until fennel is tender, 10-12 minutes. Serve sprinkled with fennel fronds.

From Epicurious

Makes 4 servings.

Carrot Fennel Soup

2 medium fennel bulbs with
fronds
1 lb carrots, quartered length-
wise
1 medium onion, quartered
1 garlic clove
5 tbsp olive oil, divided
1/2 tsp sugar
1/2 tsp salt
1/4 tsp pepper
2 1/2 C vegetable stock or
chicken broth
2 1/2 C water

Salt & pepper to season
1 tsp fennel seeds

Preheat oven to 450°F with rack in lowest position.

Chop enough fennel fronds to measure 1 tbsp and reserve. Discard stalks and remaining fronds (or use for soup stock). Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tbsp oil, sugar, salt and pepper. Spread in a cookie or sheet pan and roast, stirring occasionally until browned and tender, 25-30 minutes.

Blend the vegetables in a blender with broth until very smooth. Transfer to medium saucepan. Thin if desired with water and simmer 2 minutes. Season with salt and pepper.

Finely grind fennel seeds and stir into remaining 2 tbsp of oil. Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

From Gourmet (on-line)

Makes 6 servings.