



Kate's Kitchen

by Kate Jarvis C.N.P., Buying Club Representative

The bounty of a summer of hard work is at its most abundant in September. The Farmer's Markets are bustling, and the CSAs are running at full tilt to fill the baskets of hungry shareholders. It's a time to stock up on some staples and store them for the Winter by preserving, freezing, drying or putting them into cold storage.

September always invokes images of fall clothes and hearty meals, but I'm usually pleasantly surprised at how warm the weather still is this time of year. I almost chose a barley soup recipe for this Kate's Kitchen, but because I'm sure we'll have fantastic weather well into Fall, I've found a lovely harvest salad. This salad takes advantage of end-of-Summer/Fall fruit and vegetables. Gone are the tender leafy greens, and in their place we see fennel, apple and sweet potato. It's light and filling at the same time, and sure to give you energy whether you are harvesting your crops, or circling Farmer's Markets tables.

This recipe was found in the great new cookbook by Nettie Cronish & Pat Crocker, *Everyday Flexitarian: Recipes for Vegetarians & Meat Lovers Alike*

"Sweet potatoes come in many varieties, with skins ranging from tan to purple and flesh ranging from pale yellow to red-orange. They combine well with a wide range of ingredients, and flavours from aromatic spices to fleshy fruits, nuts, chillies, and fresh herbs. Combing fruits and vegetables makes the best salads" - Nettie

Sweet Potato, Fennel & Apple Salad

3 unpeeled sweet potatoes (about 2 ½ lb) cut into 1-inch pieces
2 apples, halved and thinly sliced
1 cup fennel bulb, coarsely chopped into ½ inch long pieces
½ red onion, thinly sliced
½ cup toasted walnuts, coarsely chopped
¼ cup dried cherries or cranberries, chopped

Dressing

¼ cup toasted sesame oil
2 Tbsp olive, hemp or safflower oil
¼ cup apple cider vinegar
1 Tbsp pomegranate Glaze (store bought or see below)

Assembly:

1. In a saucepan, cover sweet potatoes with water and cook over medium-high heat for 15 minutes, or until tender. Drain and rinse under cold water. When cool enough to handle, remove and then discard peels
2. Combine apple, fennel, onion, walnuts, cherries, and cooked sweet potato in a bowl
3. Whisk together sesame oil, olive oil, vinegar, and Pomegranate Glaze in a bowl (or shake in a jar) to combine
4. Pour over top salad ingredients and toss to mix

Pomegranate Glaze

4 cups pomegranate juice
½ cup granulated sugar
¼ cup fresh lemon

Combine all ingredients in a heavy-bottomed saucepan.

Bring to a gentle boil over medium-high heat, stirring until sugar is dissolved.

Reduce heat and keep simmering gently for about 1 hour, or until thick and syrupy.

Liquid should be reduced by at least one half.

Pour the hot liquid into a canning jar before cooling. Cap, label, and let cool.

Use immediately, or store in the refrigerator for up to 2 weeks.