



Carrboro
FARMERS' MARKET
locally grown • nationally known

Recipe of the Week

October 28, 2006

Baked Winter Squash with Sausage, Apple and Goat Cheese
from Sheri Castle of Creative Cooking with Sheri Castle

Ingredients

1 medium butternut or 2 medium acorn squash* (about 2 to 2 1/2 pounds total)
8 ounces bulk sausage*
1 medium onion*, diced
1 medium apple*, peeled, cored and diced
1 tablespoon chopped fresh sage*
1/4 teaspoon freshly grated nutmeg
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 ounces goat cheese*

Procedure

Preheat oven to 375° F.

Cut the squash in half. Scoop out and discard the seeds. Peel the squash and cut into 1-inch cubes. Set aside.

Brown the sausage in a large skillet over medium-high heat, breaking it into clumps with the side of a spoon. Leave it in fairly large crumbles. Remove the sausage with a slotted spoon and drain it thoroughly on paper towels.

Discard all but 1 tablespoon of the sausage drippings from the skillet. Add the onion and apple and cook, stirring frequently, until both are completely soft, about 8 minutes. Return the sausage to the pan. Add the squash cubes, sage and nutmeg and mix well. Season to taste with salt and pepper.

Transfer the squash mixture to a 9 x 9-inch baking dish. Crumble the goat cheese over the top. Bake in the center of the oven until the squash is tender, about 40 minutes. Serve hot.

Serves 4

*available at Market

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We can help you create your Thanksgiving menu
with local ingredients. Come visit our

Annual Thanksgiving Market

Tuesday, November 21, 2006
3-6 PM at the Town Commons

Here's a taste of what you can expect at this Market: arugula, beets, broccoli, Brussels sprouts, carrots, celery, collards, celeriac, eggs, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, turnips and turnip greens, sweet potatoes, winter squashes, pecans, locally-raised meats, goat and cow's milk cheeses, breads, bread crumbs, pies, cakes, jams, fruit butters, and relishes.

Carrboro Farmers' Market "Late Fall" Hours November 4 – December 23 8 AM – Noon

Starting November 4, the Market will observe "Late Fall" hours, opening at 8 and continuing until Noon.

Carrboro Farmers' Market · Saturdays, 7 – Noon thru Oct. 28
& 8 - Noon Nov. 4 thru Dec. 23

Carrboro Farmers' Market · Wednesdays, re-opens April 2007
Southern Village Farmers' Market · Thursdays, re-opens May 2007