



Carrboro
FARMERS' MARKET
locally grown • nationally known

Recipe of the Week

September 23, 2006

Nancy Fantozzi's Fabulous Sunshine Squash Fool
from Nancy Fantozzi, Market customer

This past Monday several Market supporters hosted a dinner to appreciate our Market's farmers. The event, held at Panzanella, was a buffet-style meal created with Market produce. One of the highlights of the evening was this fabulous fool created by Nancy Fantozzi using Sunshine winter squash. I thought it was so creative that Market customers would love to have the recipe. Nancy graciously obliged me. -SDN

Ingredients

1 medium Sunshine squash*, about 2 pounds
1/3 cup maple syrup
1/2 teaspoon salt
2 teaspoons vanilla
1 inch piece ginger, grated then squeeze for juice, reserve juice and discard pulp
1 pint whipping cream
1 teaspoon powdered ginger
Powdered sugar to taste
Candied ginger and edible flowers* such as nasturtiums or calendulas for garnish

Procedure

For best flavor, place squash on baking sheet and bake whole at 350 degrees. If in a hurry, you can quarter squash, remove seeds, and roast. Bake until squash is soft. Let cool enough to touch and then remove seeds and skin.

Puree squash flesh with maple syrup, salt, vanilla, and ginger juice until smooth. Set aside.

Whip the cream to soft peaks adding powdered sugar to taste and the 1 teaspoon powdered ginger. Set aside about a 1/4th of the whipped cream for garnish.

Take a little bit of the whipped cream and fold into squash puree to loosen. Fold in the rest of the whip cream.

Serve in individual dishes or in one big bowl where people can help themselves. Garnish with reserved whip cream, candied ginger and edible flowers.

Serves 6

*available at Market

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**Annual Thanksgiving Market
Tuesday, November 21, 2006
3 – 6 PM on the Town Commons**

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

Thank you to the Market supporters who hosted the Farmer Appreciation dinner.

Special thanks goes to Amy and Paul Piersma, Melanie and Jeff Raskin, Jewel and Bob Hoogstoel, Paul Whetstone, Nancy Fantozzi, Emily Buehler, Paola and Brad, Carolina Farm Stewardship Assoc., Weaver Street Market, Whole Foods Market, and Panzanella

Carrboro Farmers' Market · Saturdays, 7 – Noon through Dec. 23
Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM through Oct. 18
Southern Village Farmers' Market · Thursdays, 4 - 7 PM, re-opens May 2007

www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com
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