

Carrboro Farmers' Market

Locally Grown  Nationally Known

June 5, 2004

Recipe of the Week  featuring **Summer Squash**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

Summer Squash and Onion Soup with Almonds

2 tablespoons butter
4 medium sweet onions (such as Vidalia), sliced thinly (about 4 cups)
2 garlic cloves, minced
2 teaspoons freshly grated ginger
1/2 cup dry sherry
6 cups chicken or veggie stock
2 ounces orzo or other tiny pasta
2 pounds mixed summer squashes (about 6 cups), in 1/2-inch dice
Salt and freshly ground black pepper to taste
1 tablespoon fresh thyme leaves (preferably lemon thyme)
1/2 cup sliced almonds, toasted
1/2 cup freshly grated Parmesan

Melt the butter in a Dutch oven over medium heat. Add the onions, garlic and ginger. Season with salt and pepper and cook until soft and golden, about 20 minutes.

Add the sherry and cook until the liquid has reduced by half, about 2 minutes. Add the stock and bring the mixture to a boil, then add the pasta and cook for 5 minutes. Add the squash and cook just until tender, about 4 minutes. Season the soup to taste with salt and pepper. Stir in the thyme.

Ladle the soup into bowls. Sprinkle with almonds and cheese and serve immediately.

Makes 6 to 8 servings.

(over)

Chapel Hill Carrboro Farmers' Markets

Carrboro Farmers' Market  Saturdays  March 20 – December 19

Carrboro Farmers' Market  Wednesdays  April 14 – October 20

Southern Village Farmers' Market  Thursdays  May 6 – Late September

Don't be afraid to experiment!
Create your own recipe using this helpful list ~

From **Culinary Artistry** by **Andrew Dornenburg & Karen Page**

Summer Squash are complemented by

bacon
basil
butter
cinnamon
cream

curry
ginger
lemon
lemon thyme
nutmeg
olive oil

onions
paprika
Parmesan cheese
pepper
saffron

Zucchini is complemented by

anchovies
basil
bread crumbs
butter
cayenne
cheese, especially Feta,
Gruyere, Parmesan, and
Ricotta
cilantro
cinnamon
cloves

cream
dill
eggplant
garlic
hazelnuts
lemon
marjoram
mint
mushrooms
olive oil
onions
oregano

parsley
pesto
Pignoli (pine nuts)
rosemary
sage
salmon
tarragon
thyme
tomatoes
vinegar
walnuts

PICK YOUR MID-WEEK MARKET!

Wednesday

Carrboro Farmers' Market

3:30-6:30

Carrboro Town Commons

Thursday

Southern Village Farmers' Market

3:30 – 6:30

on the Village Green in Southern Village

Chapel Hill

www.southernvillagefarmersmarket.com

www.carrborofarmersmarket.com