



CAPAY VALLEY FARM SHOP BOX

Arugula from Riverdog Farm and Rome Beauty Apples from Dierke Farm

Autumn *rocks*. Not sure about you, but for us, this week finally started to feel like fall. We bid a final adieu to tomatoes and started salivating for more earthy flavors—both in food and wine. This dish nods at freshness with peppery greens while embracing the first of what promises to be many, many amazing apples this season...

Arugula, Apple & Manchego salad (from *Serious Eats*)

For the Salad:

- * 5 oz arugula or baby arugula
- * 1 crisp apple, sliced thinly
- * 3 1/2 ounces manchego, thinly sliced
- * 1/2 cup sliced almonds

For the vinaigrette:

- * 1 T cider vinegar
- * 3 T olive oil
- * 1 t (real) maple syrup
- * 1 t Dijon mustard
- * 1 T finely chopped shallots
- * Sea salt and fresh black pepper

Whisk all the ingredients for the vinaigrette together in a bowl until fully combined. Add arugula and apple and toss gently. Arrange manchego over the top and sprinkle with almonds. Serve *pronto*!

Pair with: Isategi Sagardo Naturala, Spain, 2013 (\$10)

Autumn! Cider! YES! This one is from the Basque region in Spain and is made from a blend of over a dozen native apple varieties. It's fermented in large, old cider barrels and then bottled unfiltered. It's tangy, supremely easy-drinking and, well... it tastes like crisp, tart apples (clearly). The acidity matches the vinaigrette while the apple-y notes match... er... the apples in the salad!

Butternut Squash from Durst Organic Growers and Genovese Basil from Riverdog Farm

Summer, meet fall. Fall, meet summer. Eat truly seasonal and embrace the glories of California living. Hell yes we will eat awesome riffs on lasagna 4EVER.

Butternut Squash Lasagna (from Giada De Laurentiis... say *Lah-ZHAN-ya!* like a crazy person)

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| * 1 T olive oil | * ¼ c all-purpose flour |
| * 1 (1 1/2 to 2-pound) butternut | * 3 ½ c whole milk |
| squash, peeled, seeded, and cut into 1- | * Pinch nutmeg |
| inch cubes | * 3/4 cup (lightly packed) fresh basil |
| * Salt and freshly ground black pepper | * 12 no-boil lasagna noodles |
| * ½ c water | * 2 1/2 cups shredded mozzarella cheese |
| * 3 amaretti cookies, crumbled | * 1/3 cup grated Parmesan |
| * ¼ c butter | |

Heat the oil in a large skillet over medium-high heat. Add the squash and toss to coat; sprinkle with salt and pepper. Pour ½ cup water into the skillet, cover and simmer over medium heat until squash is tender, stirring occasionally, about 20 minutes. Transfer the squash to a food processor, add amaretti cookies and blend until smooth. Season with more salt and pepper to taste.

Melt butter in a saucepan over medium heat. Add the flour and whisk for 1 minute. Gradually whisk in the milk. Bring to a boil over medium-high heat. Reduce heat to medium and simmer, whisking often, until sauce thickens slightly (about 5 minutes), then whisk in the nutmeg. Cool slightly, and transfer half of the sauce to a blender. Add the basil and blend until smooth. Return the basil sauce to the sauce in the pan and stir to blend. Season with salt and pepper to taste.

Position the rack in the center of the oven and preheat to 375 degrees F. Lightly butter a 13x9x2-inch baking dish. Spread 3/4 cup of the sauce over the prepared baking dish. Arrange 3 lasagna noodles on the bottom of the pan. Spread 1/3 of the squash puree over

the noodles. Sprinkle with 1/2 cup of mozzarella cheese. Drizzle 1/2 cup of sauce over the noodles. Repeat layering 3 more times.

Tightly cover the baking dish with foil and bake the lasagna for 40 minutes. Sprinkle the remaining mozzarella and Parmesan over the lasagna. Continue baking uncovered until the sauce bubbles and the top is golden, 15 minutes longer. Let the lasagna stand for 15 minutes before serving.

Pair with: Iron Horse Vineyards Unoaked Chardonnay, Sonoma, 2009 (\$24)

This dish needs something weighty and rich yet to stand up to the creamy, cheesy goodness of the lasagna, yet with a noticeable acidity to refresh the palate after a big bite. Chardonnay does the trick—grown in a cool climate so it holds up bright citrusy notes rather than round tropical ones. There's zero oak on this guy, so you get a pure, transparent and fresh (yet fuller bodied) wine without spice or buttery flavors.