

CSA Newsletter



Week 18:
10/2/18 & 10/4/18

Box contents

Small share:

1 red kuri squash
1 acorn squash
1 green cabbage
2 bell/frying peppers
1 ½ lb. Oneida Gold potatoes
2 yellow onions
1 head garlic
2 leeks
(Next up...butternut squash, pie pumpkin, broccoli)

Regular share additional items:

1 tomato
Extra ½ lb. potatoes
1 or 2 small eggplants

Farm News

The weather continues to be a challenge, with too much rain making a muddy mess in the fields and flooding our stream making our normal truck drive over the bridge to the fields impossible on certain days. This was true a couple Thursdays ago, when we used a kayak to cross instead, and again this week. Luckily this time our neighbors up the hill let us drive through their hay field to get to ours, because harvesting all the heavy things in the box this week would have been tough by walking/boat. We also had a frost on Friday night, which did a little damage but would have taken out whole crops if we didn't take some last-minute precautions. We did a big squash harvest, covered some remaining squash and peppers, and closed the hoop house where our tomatoes are growing. For those who didn't get beets yet, we'll put those in next week instead of this week as they could use some more time to size up and the past week hasn't exactly entailed optimal growing conditions.

The last CSA delivery will be on Oct. 16/18, but we're offering two weeks of an extended CSA and a storage share as options for those of you who would like to keep the fresh producing coming a little longer. The CSA boxes will be one size, \$25 per week, and the storage share is \$100. Please **see the body of this week's email for the details**, and contact Chelsea for any questions or to confirm additions. Our fall cider and pumpkin event is Sat. Oct. 13, from 2-5pm. We'll have soup, cider, pumpkin bars, and carving pumpkins to take home with you.

Recipes & Storage Tips

Roasted Kuri Squash with Cherries

1 red kuri squash
1 cup dried tart cherries
2 T. rosemary *1 T. butter*
¾ cup pecans, roughly chopped
Olive oil *Salt, to taste*

Preheat oven to 350°F. Cut squash in half, and remove seeds (compost or bake – see [last week's newsletter](#) for roasted squash seeds). Slice squash into half moons. Place on a single layer on a baking sheet. Drizzle with olive oil and sprinkle with salt. Cook for 30-35 minutes until tender. Meanwhile, in a pan over med-low heat, sauté butter, cherries, rosemary, and ¼ tsp. salt. Cook for 5-10 minutes. Remove from heat, add pecans, and mix. To serve, place squash on a platter, cover with cherry mix, and sprinkle with salt.

Sofrito Stuffed Acorn Squash

Butter or olive oil *1 acorn squash*
1 cup cooked quinoa *1 onion, diced*
1 pepper, diced *2 cloves garlic, minced*
1 tsp. cumin *Salt and pepper, to taste*

Preheat oven to 425°F. Butter or oil a rimmed baking sheet. Cut off squash stem, and halve squash lengthwise. Scoop out seeds (compost or bake). Set squash halves, scooped sides down, on the sheet and bake for 25 minutes. Flip squash over (scooped side up), and continue to bake for another 25-30 minutes until flesh is easily pierced with a fork. Meanwhile, prepare quinoa according to directions. To make the sofrito, in a skillet over medium-low heat, cook onions, peppers, and garlic (adding in that order) until tender. Season with cumin, salt, and pepper. To assemble, scoop quinoa and sofrito into the squash cavities.

Tips: *Acorn & red kuri squash:* Store at room temp. for up to a month, or in a cool (50-55°F), dry place for several months. Eat roasted, stuffed, or in soups (see [winter squash](#) page). *Cabbage:* Can last months stored in the fridge's hydrator drawer. Add to slaws or fried rice, boil, or ferment in sauerkraut or kimchi. Make [colcannon](#) or [cook with sausage](#).