

BUSH PRAIRIE FARM NEWS 09/30/13

From the Farm

Okay, where did September go? We know it is coming to a close because the summer vegetables are starting to sag....still good, but growing more slowly with the decreasing daylight. We have included several different greens to substitute for lettuce. The beet greens are on their way out, even as the beets continue to grow. BUT, there are one or two more vegetables making their debut in the fall---this week, we start including our abundant winter squash harvest in the box with delicata squash as the first selection.

What's in the Box?

Bok Choy	Basil	Dry white onion
Tatsoi	Cherry & Main Tomatoes	Chard
Beets	Sweet peppers	Tomatillos
Delicata	Hot peppers	Russian Banana Fingerling
Cucumber	Green onions	Potatoes
Garlic	Flat of Italy Red Onion	Corn

Hot peppers this week – Chimeca (mild); Serrano (medium); Long red cayenne (medium hot); Inferno banana (mild/medium)

Delicata Squash

Delicata squash is a winter squash also referred to as the peanut squash and Bohemian squash. Delicata squash hold their shape well when cooked, making them a good choice for stuffing with whole grains, lean meats or cheeses, fruits and vegetables or baking with your favorite seasonings. Store this squash in a cool dry place for up to 3 months. Cut the squash in half lengthwise and remove seeds. It is ready to stuff, bake as is, or cut into crescent shaped pieces. **The peeling is edible.**

One of our favorite ways to fix delicata (from Andrea Chesman's Recipes from the Root Cellar)

Apple Braised Delicata Squash

1 Tbsp. butter

1 large delicate squash, sliced lengthwise, seeded and sliced into ½ inch crescents.

1 small shallot or onion, diced

1 c. apple cider or juice

½ tsp. chopped fresh or dried rosemary (if there's time, Mark will send a sprig out in the box)

Salt and pepper to taste

Melt the butter in a small skillet or Dutch oven. Add the squash and shallot/onion and sauté, coating in the butter for about 1 minute. Add the cider and rosemary. Bring to a boil, then reduce heat and simmer, covered until the squash is tender—about 20 minutes. Remove the cover, increase the heat to high, and cook until the liquid is reduced to a thick syrup—about 3 minutes. Season with salt and pepper and serve.

Thank you for returning your box on the next delivery day.