

BUSH PRAIRIE FARM NEWS 10/14/13

From the Farm

The farm season is winding down. **Next week is the last box.** We are continuing to harvest a few things and planting garlic. If you would like more winter squash or some storage potatoes, please visit us next Saturday, Oct. 18. Just give us a call (357-4526) or email at kathleen@bushprairiefarm.com to let us know approximately when you are coming. Or we can put a few extras in your last box. **Please look around and return any extra boxes you have.**

What's in the Box?

Bok Choy/Mustard Greens	Cilantro	Tomatillos
Green Forest Lettuce	Sweet peppers	Mixed Fingerling
Acorn Squash	Hot peppers	Potatoes
Carnival Winter Squash	Green onions	Zucchini or cucumber
Sunshine Winter Squash	Dry onions	
Garlic	Broccoli	

Hot peppers this week – Jalapeno (medium); Ascent (hot); Jopare (Mark's handwriting hard to decipher—we think it's mild) Habenero (medium)

Carnival Winter Squash

Colorful green, yellow, and orange round squash. Mild and delicious.

Sunshine Winter Squash

Orange sweet smooth squash—good for baking, mashing, and pie.

Acorn Squash

Green and shaped like an acorn. Yellow flesh. Super easy to bake in halves—375 degrees for 45 minutes to 1 hour.

Recipe: Winter Squash with Caramelized Apples

Any of the squash above will work.

1 medium squash

2 Tbsp. butter

1 large apple peeled, cored, and chopped

6 Tbsp. Firmly packed brown sugar

¼ tsp. cinnamon

1/8 tsp. nutmeg

Salt & pepper

Preheat oven to 400 degrees F. Cut squash into halves. Remove and discard the seeds and fibers. Place skin-side up in a baking dish and add about 1 inch of water to the dish. Bake for 60-90 minutes until completely tender when pierced with a fork. While squash is baking, melt butter in a skillet over medium heat. Add the apples, brown sugar, cinnamon, and nutmeg. Saute until the brown sugar is dissolved and the apples are tender and coated in the sugar syrup, about 5

minutes. Set aside. When the squash is done, drain water and allow to cool. Scrape the flesh from the skins and mash or beat until smooth. Fold in the apples and syrup. Season with salt and pepper. Ready to eat. Serves 2 – 4. *Taken from Recipes from the Root Cellar by Andrea Chesman.*

Winter squash can be stored for 2-6 months, depending on conditions. They like dry, 55 – 60 degrees and dark.

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Thanks you!!