

BUSH PRAIRIE FARM NEWS 09/22/14

From the Farm

This week, we will start distributing the dry onions which are still not quite dry---so if the stem is on your dry onion, you can leave it in a warm dark place to continue drying or just use it now. The cucumbers, beans, and zucchini are the last of the season (don't cheer too loud for the end of zucchini!), The corn is done, but winter squash is ready and we are starting with delicata. We planted the last round of greens so the growing room is empty until we move the dry onions in. The beet greens this week are in pretty good shape and delicious when cooked similar to swiss chard and kale.

What's in the Box?

Bok Choy	Rosemary	Lettuce
Tatsoi	Cherry & Main Tomatoes	Beans
Beets	Sweet peppers	Tomatillos
Delicata squash	Hot peppers	French fingerling potatoes
Cucumber	Green onions	
Garlic	Early yellow dry onion	
Basil	Broccoli	

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.