

BUSH PRAIRIE FARM NEWS 09/29/14

From the Farm

One of our favorite harvests on the farm is the winter squash. We gathered a few friends and cut over 1000 squash from their vines. Thanks to Dirk, Maria, and Tim (friend and subscriber) who helped with the harvest. Some of you indicated that you do not want winter squash, but we couldn't resist putting the carnival squash in—great for decoration if you don't like winter squash. We also picked apples and moved the dry onions inside with a fan. Your dry onions still have stems because they might not be dry enough to cut the stem off just yet. Tomatoes and peppers continue to produce. We put a lot of sweet peppers in this week – they can be chopped up and frozen, either raw or after roasting with olive oil coating for 5 minutes at 500 degrees.

What's in the Box?

Carnival squash	Walla walla sweet onion	Kale
Garlic	Broccoli	Eggplant
Cherry & Main Tomatoes	Lettuce	Napa cabbage
Sweet peppers	Tomatillos	Tatsoi
Hot peppers	Larette fingerling potatoes	
Green onions	Cilantro	

Carnival Squash

Characteristics: Breed an acorn squash with a sweet dumpling squash, and you get a carnival squash. While the carnival squash's exterior resembles both of its relatives', its yellow flesh is mellow and sweet. Use it wherever acorn squash or butternut squash is called for in a recipe. Check out the Epicurious website for more information about winter squash and recipes to try.

<http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/visual-guide-winter-squash#6>

Cooking Winter Squash

Winter squash is like a sweet potato—it takes a little longer to cook than vegetables like green beans. Squash like acorn or carnival can be cut in half. Scoop the seeds out and bake or roast. Cutting the squash in half can turn into a wrestling match with its hard shell—one suggestion is to put it in the microwave for 2 minutes on high. This softens the outer shell to make cutting into it easier.

Roasting Method

Cut in half and seed squash. Place the squash halves, cut-side up, on a rimmed baking sheet. Rub the flesh with softened butter or oil, season with salt and pepper and drizzle with brown sugar, maple syrup or orange juice. Flip the squash over and roast them for 40 to 45 minutes in a preheated 400 degrees F (200 degrees C) oven. Roast the squash until the skin is blistered, browned and the flesh tender. Insert a fork or knife under the skin to test that the flesh is tender. When the squash has cooled the skin should peel off easily.

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