

BUSH PRAIRIE FARM NEWS 10/05/14

From the Farm

The most common question from subscribers about this time of year is “How long do the boxes go?” With that question, we automatically assume that you are ready to be done (or not?). This is the last leg of the marathon season we have here in the Pacific Northwest. To answer the question, we have 3 weeks left. This Saturday is **SQUASH SATURDAY**. We invite you to come after 12:00 noon and select additional winter squash and potatoes. Both of these store very well—potatoes like cool (55 degrees or so) and dark and the squash likes about 60 degrees. The garage or storage shed work well. We have had potatoes last until March and squash last until February. We will continue to put at least 2 squash in weekly, but **if you want more to store, please give us a call or email to let us know that you are coming on Saturday** to choose your squash and potatoes or give us your order to put out with your box.

What's in the Box?

Butternut squash	Green onions	Basil
Orange kabocha	Walla walla sweet onion	Swiss chard
Garlic	Broccoli	Mixed cabbage
Cherry & Main Tomatoes	Lettuce	Tatsoi
Sweet peppers	Tomatillos	Bok choy
Hot peppers	Lurette fingerling potatoes	

Butternut Squash

These squash are named for their peanut-like shape and smooth, beige coloring. Butternut is a good choice for recipes calling for a large amount of squash because they are dense—the seed cavity is in the small bulb opposite the stem end, so the large stem is solid squash. Their vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Although the rind is edible, butternut is usually peeled before use.

Pureed Butternut Squash Soup (Martha Stewart)

This comes highly recommended by subscriber Paula Lowe.

- 2 tablespoons butter
- 1 small onion, chopped
- 1 piece (2 inches) fresh ginger, peeled and chopped
- 2 garlic cloves, chopped
- 2 3/4 pounds small butternut squash, prepared and cut into 3/4-inch cubes
- 1/4 cup fresh orange juice
- Sour cream (optional)

Prepare squash by peeling; cutting in half; scooping seeds out; and cutting into ¾ inch cubes. Melt butter in a large saucepan over medium heat. Cook onion until fragrant, about 2 minutes. Add ginger, garlic, and squash; cook, stirring occasionally, until fragrant, 6 to 8 minutes. Stir in 4 cups water. Bring to a boil; **reduce** heat. Simmer until squash is tender, 20 minutes.

Puree soup in two batches. When blending hot foods, allow the heat to escape to prevent splattering. Remove the cap from the hole of the blender's lid, and cover with a dish towel. Stir in juice and 1 1/2 teaspoons salt. Serve hot, with sour cream, pepper, and pumpkinseeds, if desired. Serves 4. Total time to cook: 45 minutes.

Orange Kabocha Squash

Hands down, this is my (Kathleen) favorite squash. It's texture and sweet flavor is similar to a sweet potato. The flesh is smooth, dense, and intensely yellow. For those of you who do not like stringy squash, this is the one for you!

Spicy Kabocha

Ingredients

1/2 medium sized kabocha squash
3 tablespoons light brown sugar, plus
1/2 teaspoon ground cayenne pepper to taste
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon Salt
1 tablespoon soy sauce
Oil for drizzling - toasted sesame oil (or olive oil)

Preheat the oven to 400°F. Oil a cookie sheet or large baking pan. De-seed and cut the squash into slices about ¼" thick. (Use a Chef knife for cutting squash, on a stable surface) Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes. Serves 4 or more. Serve hot or at room temperature