

## BUSH PRAIRIE FARM NEWS 10/13/14

### From the Farm

The warm-ish weather continues so your boxes are stuffed full once again with tomatoes and peppers plus the fall vegetables. Due to the warmer weather this year, the winter squash may not store as long as usual. The white acorn we put in this week (Thelma Saunders) needs to be used pretty quickly---just keep your eye on it and if a soft spot appears, eat it right away. Same with the kabocha. We had a great turnout for 'squash day' on Saturday and really enjoyed seeing some of you. There is still quite a bit left, so if you missed out and want a few more than the two per week, let us know. In between harvesting, we planted garlic for next year

### What's in the Box?

Thelma Saunders Acorn	Hot peppers	Rosemary
Squash	Green onions	Kale
Orange Kabocha Squash	Early yellow dry onion	Tatsoi
Beets	Broccoli	Bok choy
Garlic	Lettuce	Cucumber
Cherry & Main Tomatoes	Tomatillos	Zucchini
Sweet peppers	French fingerling potatoes	

### Thelma Saunders Acorn

Also known as Thelma Sanders sweet potato squash, this white acorn is an heirloom from Thelma Sanders of Adair County, Missouri. It is tender, sweet and delicious, Thelma Sanders' cooks up to a buttery-soft texture and unmatched flavor. Our favorite way to prepare is to microwave the whole squash for 2 minutes on high. Cut it in half. Scoop out the seeds. Bake with skin side up at 350 degrees for 1 hour or until tender when pierced with a fork. Turn the squash over. Add butter and brown sugar and heat until butter is melted. Some people add cinnamon or use honey in place of brown sugar. YUM!

### Cooking tip for squash and beets

These fall vegetables take time to cook so why not pop them in the oven while you are cooking dinner and use them the in the next day or two when their cooking time is merely warming them up.

**NEXT WEEK IS THE LAST WEEK**

**PLEASE RETURN YOUR BOXES—THANK YOU!**