

BUSH PRAIRIE FARM NEWS 10/08/15

From the Farm

The garlic was delivered late last week, so we will be planting next year's crop over the next few weeks. Beware of the 'sweet' peppers this week—dark comes a lot earlier and we may have picked some mild hot peppers thinking they were sweet. Two weeks left—the box volume starts to wind down. The quality of the tomatoes and peppers are less than they have been—use quickly.

Featured squash this week: DELICATA. May be the easiest winter squash to cook. Check the delicious recipe out below.

What's in the Box

Red Potatoes	Sweet peppers	Tomatillos
Tomatoes	Hot peppers	Green/Wax Beans
Rosemary	Carrots	Red Leaf Lettuce (regular size)
Red Onion	Delicata squash	Romaine Lettuce
Alyssa Craig Dry Onion	Broccoli	Taste of cuke & zucchini
Green onions		

Hot Peppers

Garden salsa
Habanero
Cheezno
Red Cayenne
Jalapeno

Apple-Braised Delicata Squash

1 delicata squash sliced into ¼ inch rounds and seeded (no need to peel!)
1 Tbsp. butter
½ shallot, diced or diced onion
¾ c. apple cider or juice
1 tsp. chopped fresh rosemary
Salt and freshly ground black pepper

Melt butter in skillet or Dutch oven over medium heat. Add the squash and shallot/onion, coating in the butter for about 1 minute. Add the cider and rosemary. Bring to a boil then reduce heat and simmer, covered, until squash is fork-tender, about 20 minutes. Remove cover, increase heat to high, and cook until liquid is reduced to a syrupy glaze, 2-3 minutes. Season with salt and pepper and serve hot.

Adapted from Recipes from the Root Cellar by Andrea Chesman.

Pictures of vegetables are on the CSA tab at www.bushprairiefarm.com

Please return your box on the next delivery day.