

BUSH PRAIRIE FARM NEWS 10/10/2016

From the Farm

The vegetables like greens, tomatoes, and peppers deteriorate more quickly at this time of the year, so refrigerate all and eat quickly. We harvested all of the winter squash this past weekend—many of the vines are still green, but the temperature is pretty cool for the squash to grow much more. And, our lovely endangered species (Mazama Pocket Gopher) are nibbling just a little.

What's in the Box?

Lettuce	Broccoli	Elephant Garlic
Zucchini	Fingerling Potatoes	Cilantro
Bok Choy	Delicata Squash	Mixed Red/Yellow/White Onions
Sweet Peppers	Tomatoes	Tatsoi
Hot Peppers*	Cherry tomatoes	Salad Onions

*Hot Peppers (in brown paper bag)

Garden salsa-smooth long green (mild)
Maxibel red bell (mild)
Yellow inferno banana (hot)
Cayenne-red slender (hot)
Sweet heat (mild)

Delicata Squash

Delicata squash is a winter squash, cream-colored with green stripes. As its name suggests, it has a delicate rind or skin which is tender enough to eat (unlike other winter squash). It is also known as peanut squash, Bohemian squash, or sweet potato squash. Although consumed mature as a winter squash, delicata squash belongs to the same species as most types of summer squash known in the USA. This species includes pattypan squash, zucchini, and yellow crookneck squash, as well as the Jack-o-lantern pumpkins used on Halloween.

We put this recipe in every year—it just says “FALL”

Apple-Braised Delicata Squash

1 Tbsp. butter
1 delicata squash, seeded and sliced into ½” rounds
1 shallot, diced (or substitute onion)
1 c. appli cider or juice
½ tsp. rosemary

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

From Recipes from the Root Cellar by Andrea Chesman