

BUSH PRAIRIE FARM NEWS 10/2/17

We need your boxes—thanks!

From the Farm

We are planting garlic like crazy and preparing our gopher wire beds for the cover crop of clover. We are also working with the Natural Resource Conservation Services on an improved composting system for the farm. The potatoes this week have a little more soil on them—just a heads up if you turn the brown paper bag upside down—there may be a lot of dirt coming with the potatoes. This week, we are introducing 'dry' onions and winter squash.

What's in the Box?

Chard	Potatoes	Sweet Peppers
Lettuce	Zucchini	Cilantro
Hot Peppers	Bok Choy	Mustard and Mizuna (Asian greens)
Garlic	Tomatoes & Cherry Tomatoes	Dry Yellow and Red Onions
Elephant Garlic	Napa Cabbage	Salad onions
Cucumbers	Carrots	Acorn & Delicata Winter Squash

Hot Peppers

Fatali – Yellow lattern shape; habanero like; hot
Chenzo – small, red. Hot.
Lemon Drop – yellow. Hot
Serrano – red/green smooth - medium
Cayenne – two kinds-long red wrinkled or shorter. Hot.
Jalapeno – green or red. Medium

Delicata Squash

Yellow long with green stripes. Store similar to potatoes-60+ degrees. The cool thing about this squash is that you can eat the peeling which makes for easy preparation.

Apple – Braised Delicata Squash

Any winter squash works will with this recipe.

1 Tbsp. butter
1 delicata squash, seeded and sliced into ½-inch rounds
1 Tbsp. chopped dry yellow onion
1 cup apple cider or juice
1 tsp. chopped fresh or dried rosemary
salt and pepper to taste

Melt butter in a medium skillet over medium heat. Add the squash and onion and 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.

Taken from Recipes from the Root Cellar by Andrea Chesman.

Baked Acorn Squash

Preheat oven to 400 degrees F.

Cut acorn into halves. Remove and discard the seeds and fibers. Place skin-side up in a baking dish and add about 1 inch of water to the dish.

Bake for 45-60 minutes, until tender when pierced with a fork.

Drain off water. Turn squash flesh-side up, brush with butter, and sprinkle with salt and pepper. Sprinkle with brown sugar or drizzle with honey or maple syrup. Bake for 10 minutes longer. Serve hot.

Thank you for returning your empty box on next week's delivery day.