

BUSH PRAIRIE FARM NEWS 10/16/17

From the Farm

We want to take a moment to thank you so much for being a part of our farm season community this year. We are passionate about growing good food for people and grateful that you choose to eat the food we grow. We thank the people who helped us – Gail, Alex, Wendy, Kate, Olivia, Stephanie, Bryan, Nate, Rachel, Sydney, Bill, Bernadette, Michelle and our dog friends-Ashby, Hannah, Molly, and Daisy—we couldn't have done this without you. We are looking forward to rest and relaxation on our 'after farming season' trip to Maui and Brisbane, Australia. Have a wonderful, relaxing winter.

What's in the Box?

Chard	Potatoes
Lettuce	Mixed Greens
Hot Peppers	Sweet Peppers
Garlic	Tomatoes & Cherry Tomatoes
Salad onions	Butternut Squash + varied winter squash
Cucumber	Carrots

Hot Peppers

Fatali – Yellow lantern 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

Habanero – lantern shape/orange-yellow. Hot.

Biggie Chili – red slender/smooth—longer than serrano. Mild.

Peter Red – very wrinkled habanero – greenish orange to red. Hot

Butternut Squash and Swiss Chard Tart

This recipe comes from a 2015 issue of Cooking Light. It uses an olive oil crust with ingredients I don't have on hand. My recommendation is to either make a single pie crust or purchase a ready-to bake pie crust. The crust needs to be cooked ahead of time—just slightly browned.

Ingredients

3 cups cubed peeled butternut squash

4 tsp. olive oil

¾ c. chopped onion

4 garlic cloves, thinly sliced

1 bunch Swiss Chard, trimmed and thinly sliced (about 5 cups)

1 Tbsp. balsamic vinegar

½ tsp kosher salt

¼ tsp. freshly ground black pepper

2 large eggs, lightly beaten

2.5 oz. Gruyere cheese, finely grated and divided

Combine squash and 1 tsp. oil and toss to coat the squash cubes. Put on lightly oiled baking sheet and bake at 400 degrees for 25 minutes, stirring once.

Heat a large skillet over medium heat. Add 1 Tbsp. oil to pan; swirl to coat. Add onion and garlic, saute 7 minutes. Add chard, vinegar, ½ tsp. salt and ¼ tsp. pepper. Cook 3 minutes or until chard wilts. Combine chard mixture, eggs, and 2 oz. cheese in a large bowl. Add squash and toss gently to coat. Pour squash mixture into crust, and sprinkle with remaining cheese. Bake tart at 400 degrees for 23 minutes or until filling is set.

Our Favorite Butternut Soup

1 medium butternut squash, halved and seeded

2 Tbsp. vegetable oil

4 garlic cloves, minced

1 jalapeno pepper, seeded and finely minced

1-inch piece fresh ginger, peeled and minced

1 Tbsp curry powder

1-1/2 c. chicken broth

1-14 oz. can coconut milk

Juice of 1 lime

Salt & pepper

¼ c. chopped fresh cilantro

Preheat oven to 400 degrees. Place squash skin-side up in a baking dish. Add 1 inch of water to the pan.

Bake for about 1 hour, until the squash is completely tender when pierced with a fork. Let cool slightly.

Simmer the garlic, jalapeno, ginger, and curry in a small skillet with oil just until the spices are fragrant

and the garlic just begins to color, about 5 minutes. Remove from heat. Scoop the flesh from the squash

skin. Combine half the squash in a blender with half the spices and half the broth. Puree until smooth.

Transfer to a saucepan. Repeat with the remaining squash, broth, and spices. Add the coconut milk and

lime juice to the soup. Taste and adjust the seasoning, adding salt, pepper, and lime juice as needed.

Reheat over medium heat, stirring frequently. Stir in the cilantro and serve hot.

From Recipes from the Root Cellar by Andrea Chesman

**Please return your boxes to the bench at the farm—8400 Old Highway 99 SE.
Or, if we deliver your box in the neighborhood, leave it out on the porch and
Mark will pick up on Friday, Oct. 20.**

THANK YOU THANK YOU THANK YOU