

BUSH PRAIRIE FARM NEWS 09/17/18

From the Farm

We are introducing winter squash this week. The first variety is Thelma Saunders acorn—white instead of the traditional green. This is the last week for green beans and corn. The green beans are in a fun bag---we are repurposing leftover supplies from Mom's teaching days. One of the 100+ years old apple trees on the property split in the wind and rain. There are beautiful apples nearly ready to pick and now within reach without a ladder. Let us know if you want to come pick some.

What's in the Box?

Salad Onions	Cherry tomatoes	Zucchini	Green Beans
Mixed lettuce	Main Tomatoes	Cucumbers	Cauliflower
Corn	Hot Peppers	Tatsoi	Fingerling Potatoes
Garlic	Dry Onions	Sweet Green Pepper	Asian Greens
Basil	Broccoli	Tomatillos	Eggplant

Dry Onions

Ovation (yellow)
Monastrel (red)
Alysa Craig (Yellow) – largest one in your box
Candy (White)

Hot Peppers

Cajun bell – small bell shaped-mild
Mexibell—round—mild
Biggie chili – big green cone – mild
Hungarian hot – smooth red fat cone – hot
Mad hatter – mild
Aji Rico – rough red cone – mild to medium
Serrano – smooth red thin cone – medium to hot
Lemon drop – yellow cone – hot
Jalapeno – mild to medium

Acorn Squash

This squash can be stored for up to 3 months in a cool, dry place—not the refrigerator. A quick way to cut the squash in half for baking is to put it in the microwave for a minute or two to soften. Slip the knife in and cut either from stem to end or across the middle. Bake it cut side down at 350 degrees for 45-60 minutes until tender to the knife slips through easily. Turn over, put a little butter, brown sugar, and cinnamon in each half. Put back in the oven for about 5 minutes, until the butter is melted.

Stuffed Acorn Squash

1 acorn squash

½ - 1 cup sausage, chicken, pork, or baked tofu

1 – 2 cups veggies – onions, zucchini, peppers, greens, garlic, bok choy

½ cup cooked grains and/or nuts—quinoa, brown rice, barley, walnuts, almonds, pecans

½ c – 1 cup shredded cheese

1-3 tsps. herbs or spices

1. **Prepare the squash for roasting:** Preheat the oven to 375°F with a rack in the lower-middle position. Slice the squash in half from stem to root and scoop out the seeds.
2. **Transfer the squash to a baking dish:** Place the squash halves cut-side-down in a baking dish and pour in enough hot water to fill the pan by about 1/4 inch. Cover the dish loosely with foil and place the dish in the oven.
3. **Roast the squash:** Roast the squash until very soft and tender when poked with a fork or paring knife, 30 to 50 minutes. Exact roasting time will depend on the size and variety of your squash.
4. **Prepare the filling:** While the squash is roasting, prepare the filling. Depending on the size of your squash, 2 to 3 cups of combined ingredients is usually sufficient. You can combine leftovers from other meals (cooked chicken, roasted vegetables, etc.) or you can prepare a fresh filling. Cook any raw meats and raw vegetables and combine all the ingredients in a bowl. Taste and adjust the spices, salt, and pepper to your liking.
5. **Stuff the squash halves:** Flip the cooked squash halves so they form bowls. Rub the inside with a little olive oil and sprinkle with salt and pepper. Divide the filling between the halves — it's fine to really stuff the wells and also to mound the filling on top.
6. **Bake the stuffed squash halves until bubbly:** Re-cover the pan with the foil and bake the halves for another 15 to 20 minutes until both are hot and bubbly. Top with extra cheese and serve immediately.

Please return your box at the next pick-up. Thank you!