

BUSH PRAIRIE FARM NEWS 10/04/18

From the Farm

This week, we introduce Delicata and Carnival winter squash. We are in a frost belt and decided to harvest all of our squash with the threat of potential freezing temperatures this week (which happened). Green cabbage makes its first appearance and the second round of napa cabbage is also in the box---we wash both of these cabbages, but you may still find a bug friend or two. Our new flock of chickens is producing eggs beyond our family's capacity to eat them—let us know if you want some—they are \$4/dozen. We had fun picking apples with two of our subscriber families this week – the offer still stands—let us know if you want to come pick or want us to put a few in your box. Our recipes this week have an 'apple' theme—pairing nicely with winter squash.

What's in the Box?

Cabbage	Zucchini	Carnival Squash	Asian Greens
Lettuce	Tomatoes	Delicata Squash	Potatoes
Napa Cabbage	Hot Peppers	Tatsoi	Eggplant
Garlic	Dry Onions	Sweet Pepper	Cucumbers
Basil	Acorn Squash		

Dry Onions

Ovation (yellow)
Red Wing(red)
Ailsa Craig (Yellow) – largest one in your box
Talon (White)

Hot Peppers

Biggie chili – big green cone – mild
Hungarian hot – smooth red fat cone – hot
Mad hatter – mild
Aji Rico – rough red cone – mild to medium
Crackle - mild
Lemon drop – yellow cone – hot
Jalapeno – mild to medium
Chenzo- hot
Long Thick Cayenne - hot

About Carnival Squash

The carnival squash is actually a hybrid of the sweet dumpling and acorn squash. It usually has a cream-colored background covered with stripes and speckles of green and orange. They can be used as decoration—we put a small one in your box.

The raw flesh of the **Carnival squash** is firm, dry, and pale orange in color with a large and fibrous seed cavity. When cooked its texture is soft and melting with a fragrant aroma and its **flavor**; slightly nutty, buttery, and sweet with nuances of maple syrup, similar to that of butternut **squash**.

Carnival Squash with Apples and Thyme

- 1 carnival squash
- 1 Tbsp. melted butter
- 1 tsp. dried thyme leaves
- 1 tart apple, chopped
- ¼ tsp. cinnamon
- 1 Tbsp. brown sugar

Heat the oven to 375°. Cut the squash in half and scoop out the seeds. Place on a cookie sheet and brush with a little of the butter and season with a little salt. Sprinkle thyme in each half and bake for 15 minutes.

Meanwhile, mix together the apple, the remaining melted butter, the sugar and the cinnamon. Remove the squash from the oven.

Fill each squash with the apple mixture. Put them back in the oven for 15-20 minutes more, or until the squash and the apples are soft and caramelized.

Taken in part from <https://www.marilynstreats.com/carnival-squash-apples-thyme/>

About Delicata Squash

Delicata squash tastes a lot like butternut **squash**, but they're much easier to prep. **Delicata squash** are on the small side and their skins are edible which means no peeling required! They are a cylinder shape with green stripes against a creamy background.

Apple-Braised Delicata Squash

- 1 Tbs. butter
- 1 delicata squash, seeded and sliced into ½-inch rounds
- 1 shallot, diced (or a sweet yellow onion)
- 1 c. apple cider or juice
- 1 tsp. fresh chopped or dried rosemary
- Salt and pepper to taste

Melt the butter in a medium skillet over medium heat. Add squash and shallot or 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 one of our favorite cookbook authors—Andrea Chesman. Recipes from the Root Cellar.

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