

## BUSH PRAIRIE FARM NEWS 10/15/18

### From the Farm

Mark found a few German butterball potatoes which may be some of the best potatoes we had this year. This past week, we had about 40 Evergreen State College students stop by for a tour as part of their Ag Systems Course. It was a beautiful fall day and continues to fulfill our vision of contributing to the education of potential young farmers. The farm cycle continues with clearing a place to plant garlic for next year. We cannot believe this is the last week of the season, but we are ready for a nice winter rest. We will take our traditional 'after farm trip' to relax, evaluate the season, and determine what we will do differently next year, if anything. Please look for a survey in the next couple of weeks. We value your input in guiding our growing decisions. We are grateful for your subscription and dedication to eating local food. Kudos to you for picking up a weekly box, storing the vegetables, and cooking them. Wishing you a wonderful late fall and winter.

### What's in the Box?

Leeks	Asian Greens	Red Kuri Squash	Dry Onions
Cabbage	Tomatoes	Delicata Squash	German Butterball Potatoes
Hot Peppers*	Butternut Squash	Cucumber	Tatsoi
Garlic	Acorn Squash	Leaf Lettuce	Sweet Pepper
Elephant Garlic			

### Dry Onions

Candy (White)  
Red Wing(red)  
Ailsa Craig (Yellow)  
Talon (White)  
Blush (red)

### Hot Peppers\*

\*One brown bag is the SUPER hot – it's marked HOT  
--Fatalii- yellow cone – 325,000 Scoville Units  
--Congo Black – brown small bell shape – 425,000 Scoville Units  
--Xaman Rojo– reddish color - 200,000 Scoville Units  
--Jalapeno (not as hot as the rest of these)

*Compare to Lemon Drop at 50,000 Scoville Units or Jalapeno at 5,000 Scoville.*

The other bag is a mix of mild to medium hot peppers. You can chop and freeze as we gave you A LOT.

### About Red Kuri Squash

Red kuri squash is a thin skinned orange colored winter squash, that has the appearance of a small pumpkin without the ridges. It belongs to the Hubbard squash group. Inside the hard outer skin there is a firm flesh that provides a very delicate and mellow chestnut -like flavor.

## **Coconut Curried Winter Squash Soup II**

This uses what may be an unusual ingredient – fish sauce—found in the Asian section of the grocery store.

1 medium to large butternut or red Kuri squash cut into large pieces and seeded  
2 Tbsp. vegetable oil  
1 onion, diced  
4 garlic cloves, minced  
1 (1-inch) piece fresh ginger, peeled and minced  
2 tsp. curry powder  
1-1/2 c. chicken or vegetable broth  
1 can coconut milk (14 oz.)  
2-3 Tbsp. lime juice  
2 Tbsp. Asian fish sauce  
2-3 Tbsp. brown sugar  
Salt and pepper  
¼ c. chopped fresh cilantro (optional)

Steam the squash over boiling water until completely tender (or bake in 1 inch of water at 400 degrees F). Cook until squash is tender. Cool slightly.

Heat oil in a saucepan over medium heat. Add the onion, garlic, ginger, and curry. Simmer until the spices are fragrant and the garlic just begins to color, about 5 minutes. Do not let the spices scorch or they will become bitter. Remove from heat.

Scoop the flesh from the squash skin. Combine half the squash with the onion mixture in a blender. Add the broth. Puree until smooth and return to the saucepan. Repeat with the remaining squash and coconut milk.

Bring the soup to a gentle simmer, stirring frequently, watch carefully because the soup will scorch easily. Add the lime juice, fish sauce, and sugar to taste. Season with salt and pepper. Add cilantro just before serving.

Freezes well.

From Recipes from the Root Cellar. Andrea Chesman.

**Please return your box to the farm at your earliest convenience. Thank you!**