

## BUSH PRAIRIE FARM NEWS

### 9/23/2019

#### From the Farm

We see big signs of fall and it is both sad and welcome at the same time – sad to see the tomatoes, peppers, zucchini, cucumbers, and green beans die out and welcome to a change in pace – slower, with more inside the hoop house time and soup. This week is the four week countdown – we are adding winter squash and leeks to the box this week. Please note the acorn squash may have some cosmetic issues – but the fruit is okay.

#### What's in the Box?

Hot Peppers	Tomatoes	Red Onion
Sweet Peppers	Garlic	Baby Bok Choy
Zucchini	Cucumbers	Green Beans
Ailsa Craig Yellow Onion	Corn	Fingerling Potatoes
Lettuce	Tomatillos	Kale
White and Green Acorn Squash	Leeks	Asian Greens

#### Hot Peppers

Mad Hatter – looks like a hat. Spicy  
Hot Sunset – yellow/orange/red. Spicy  
Jalapeno – smaller green/red cone. Mild to medium  
Portugal – yellow/red, very thin. Hot  
Kung Pao – Asian, stir fry. Medium  
Match Box – slender red Thai pepper. Hot  
Peter Red – deep red, blunt end. Medium

#### About Leeks

Leeks have a mild, onion-like taste. In its raw state, the vegetable is crunchy and firm. The edible portions of the leek are the white base of the leaves (above the roots and stem base), the light green parts, and to a lesser extent the dark green parts of the leaves. We cut the roots off and most of the dark green leaves. Wash, slice thin, and sautee in butter with potatoes or scrambled eggs.

#### Acorn Squash

The most common variety is dark green on the outside, often with a single splotch of orange on the side or top, however newer varieties have arisen, including *golden acorn*, so named for its glowing yellow color; as well as varieties that are white. Acorn squash can also be variegated. As the name suggests, its shape resembles an **acorn**. Acorn squash is one of the most perishable winter squashes, lasting only a few weeks in storage.

**Preparation:** We recommend microwaving for 2 minutes to soften for cutting. Cut in half. Scoop seeds out. Bake open face down at 350 degrees for 1 hour or until tender. Turn over and put butter and brown sugar in the center. Cook for an additional 5 minutes to melt butter and brown sugar. Delicious!!

### **Herb Roasted Acorn Squash**

1 large acorn squash (or 2 small)

1/3 cup parmesan cheese

2–3 Tbsp. fresh herbs or 1 tsp. dried (thyme, sage, rosemary, or oregano)

1 Tbsp. butter, melted

1/2 tsp. garlic powder

1/4 tsp. salt + more to taste

1/8 tsp. black pepper

Preheat oven to 400°F.

Cut acorn squash in half and scoop out the seeds. Then slice each half into ½-inch thick slices.

In a large bowl, combine all of the ingredients and toss to combine.

Transfer to a large sheet pan.

Bake in the oven for 25 minutes or until squash is cooked through and parmesan cheese is crispy and slightly brown.

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