

BUSH PRAIRIE FARM NEWS

9/30/2019

From the Farm

We did a little more harvesting this past week – pumpkins, apples, and pears. There are a few Liberty apples in your box – great flavor and good for eating (no pesticides). We had a nice visit from Tumwater City Council members and staff who wanted to know more about the farm—its history, the farmland preservation easement, and our farming practices. We are grateful for their interest—especially in the history. Our winter squash crop produced well – we are putting two varieties in your box each of the remaining weeks. If you have a favorite and want more, let us know and we will do our best to send you more of that variety. The varieties are butternut, acorn, red kuri/kabocha, and delicata.

What's in the Box?

Hot Peppers	Tomatoes	Butternut Squash
Sweet Peppers	Elephant Garlic	Delicata Squash
Zucchini	Green Beans	Leeks
Red and Yellow Onions	Corn	Rosemary
Bok Choy	Tomatillos	Purple Basil
Eggplant	Fingerling Potatoes	Kale

Hot Peppers

Mad Hatter – looks like a hat. Spicy
Jalapeno – smaller green/red cone. Mild to medium
Portugal – yellow/red, very thin. Hot
Peter Red – deep red, blunt end. Medium
Mexibell – red, bell shape. Spicy
Garden Salsa – cone-shaped – red/green. Mild
Italico – looks like a green chili pepper, but very mild

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 (we put this recipe in every year because it is one of our very favorites)

Ingredients

! 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

Cooking instruction: 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.

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