

BUSH PRAIRIE FARM NEWS

10/7/2019

From the Farm

The signs of fall really hit last week. We had two frosts – one on Sept. 29 and one on Sept. 30. The second one turned the flowers, outside zucchini, corn, and beans black—done. This is a little earlier than usual. We covered the peppers in the high tunnels and they seem fine. Again, if you want some additional squash, onions, and/or garlic, please let us know—next week is the LAST box of the season. And, a reminder to use the sweet peppers as soon as possible—they do not have the stay fresh power they did earlier in the season.

What's in the Box?

Liberty Apples	Garlic	Yellow/Red Onions
Tatsoi	Red Fingerling Potatoes	Kabocha Squash
Bok Choy	Sweet Peppers	Jester (Acorn) Squash
Lettuce	Hot Peppers	
Kale	Leeks	

Hot Peppers

We loaded you up – trying to get these out before the next frost.

Mad Hatter, Hot Portugal, Italicco, Kung Pou, Jalapeno, Cayenne, Red Cherry, Peter Red

About Kabocha Squash

Kabocha squash is a green Japanese pumpkin that is available year-round. Sweeter than butternut squash, its orange flesh is a cross between pumpkin and sweet potato, and has the texture of roasted chestnuts. It's also quite similar to acorn squash, but much sweeter, and can be used in any recipe calling for the latter.

Sweet and Spicy Roasted Kabocha

1 small kabocha
6 Tbsp. brown sugar
¼ - ½ tsp. cayenne
1 tsp. cumin
½ tsp. cinnamon
½ tsp. nutmeg
1 Tbsp. soy sauce
2 Tbsp. Vegetable oil

Preheat the oven to 400 degrees F. Oil a baking pan or cookie sheet. De-seed and cut the squash into ¼ inch slices. (Easier if you microwave the squash for 2 minutes.) Combine all of the dry ingredients and toss squash in the mixture. Add soy sauce and toss to coat. Spread squash in a single layer on the baking pan and drizzle with half of the oil. Cook for 15 minutes. Turn the squash over. Drizzle with remaining oil

and cook for an additional 10-15 minutes until squash is tender when pierced with a fork. Serve hot or at room temperature. This is finger food – pick up and eat off the rind.

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