

---

---

# BUSH PRAIRIE FARM NEWSLETTER

---

---

Volume 10, Issue 15

September 7, 2020

---

---

## From the Farm

We have had a few more four-legged visitors this week. A pair of deer jumped the lower barbed wire fence on the south side of the property—probably to check out the old apple trees that are full of fruit this year. Daisy had fun chasing them back over the fence. And, the raccoons have found the corn—so far, there is enough to go around for them and the humans. At least these visitors wore a mask 😊

Seasonal eating is all about the anticipation of that first bite, gorging on that fruit or vegetable during the season, and a little sadness when the season ends. And, thus goes the cherry tomatoes for this season.

Other happenings this past week include an interview with Thurston Talks, our online community newspaper and a visit with the co-owners of Splat who use our hot peppers in making their fermented hot sauce. The Thurston Talks reporter was interested in the history of the farm and how we are stewarding that history. Splat co-owners loved the ‘pepper forest’ in the super tunnel—four foot tall hot pepper plants with so many varieties and color.

## About Winter Squash

Known as ‘pumpkins’, ‘gourds’, and ‘squashes’, this vegetable originated in the Americas. The earliest domestication of squash happened 8,000 years ago, probably in Peru or Argentina. This was 4,000 years before the domestication of maize (corn). It was unknown in Europe until the late 16<sup>th</sup> century. We grow several varieties of winter squash including acorn, carnival, delicata, pumpkin, spaghetti, sweet dumpling, red kuri, butternut, and kabocha. Each variety has its own taste, color, and texture. Depending on the variety, winter squash is a good to excellent source of vitamin A and Vitamin C. The calories in 1 – ½ cups squash are equal to about ½ cup potatoes – making winter squash a nice selection for the starchy carbohydrate of the meal. Most winter squash can be stored in a cool dry place for up to three months.

## What’s In the Box?

Lettuce	Kale
Tomatoes	Parsley
Delicata Squash	Carrots
Cabbage	Corn
Cucumbers	Zucchini
Red Onion	Yellow Onion
Garlic	Sweet & Hot Peppers
Tomatillos	Green Beans
Potatoes	



Take a look at [www.bushprairiefarm.com](http://www.bushprairiefarm.com) under the CSA tab for labelled pictures of the vegetables in this week’s box.



## This Week’s Hot Peppers

Aj Rico – mild  
Biggie Chili - spicy  
Jalapeno - medium  
Matchbox - hot

## RECIPE CORNER

### Delicata Squash

If you are not a big fan of winter squash, we highly recommend trying delicata squash for many reasons. First, it does not need to be peeled—yeah!. It has a delicate flavor and extra smooth texture. And, because it is a bit softer than other winter squash, it slices pretty easily and cooks quickly when cut into small chunks.

*We share this recipe every year because it is hands-down, one of our very favorite squash recipes. We also use a lot of delicata in stir fries.*

### Apple-Braised Delicata Squash

1-2 Tbsp. butter

1 medium delicata squash\*, seeded and sliced into one-fourth to one-half inch rounds

½ c. diced sweet onion\*

1 cup apple cider or juice

1 tsp. chopped fresh or dried rosemary

Salt and pepper.

Melt butter in a large skillet or Dutch oven over medium heat. Add the squash and onion and sauté, coating in the butter, for about 2 minutes. 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 to 3 minutes. Season with salt and pepper and serve hot.

Serves 2-3.

Taken from Recipes from the Root Cellar by Andrea Chesman and revised from our experience in making this multiple times.

### Preventing the spread of COVID-19

Based on CDC guidelines, we are wiping subscriber boxes with a bleach solution prior to loading them with vegetables.. We are wearing gloves to load the vegetables into your box and to set the boxes out for pick-up. Risk of spreading the virus by touching surfaces or through food is low. As always, rinse vegetables with cold water and wash your hands!

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