
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

We have a little mystery going on in the southeast corner of the farm. We have a super large black silage tarp that we put over an area where we want to kill the weeds. Orange sandbags filled with toxic weeds we don't want anywhere on the ground are used to hold the tarp down. This past week, the tarp was torn along the edge and a piece was ripped off. One of the sandbags was chewed through. Hmmm. Raccoon scat in the vicinity.....and just a few corn cobs missing. What do they want with tarps and sandbags?

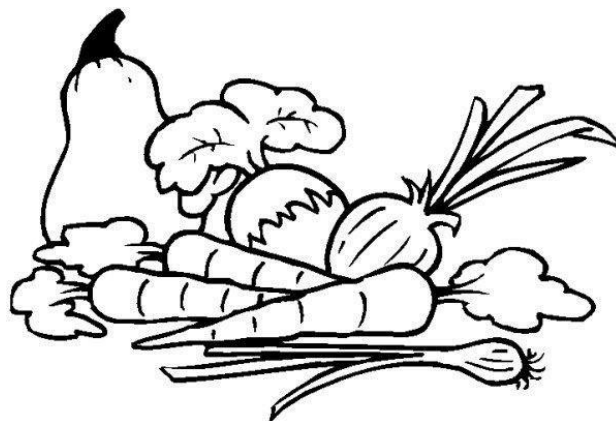
With our outside activities curtailed over the weekend due to smoke, we cleaned the refrigerator of days old vegetables. We made vegetable broth using our instant pot. According to several sources on the internet, you can toss in vegetable scraps—even things like onion skins, pepper ends and seeds—all the parts we usually toss in the compost bucket. We put in bok choy, carrots, onions, a lonely tomatillo, garlic, kale, beet greens, corn on the cob, parsley, and more. We added a bay leaf, thyme, salt, and peppercorns. Set the instant pot for 30 minutes on high pressure. Release pressure naturally. Strain the broth and eat or freeze. Pretty easy!

About Sage

Mark has suggested putting sage in the boxes and I have been resistant—mainly, because I do not regularly use sage. This prompted me to pull 'The Spice Lover's Guide to Herbs & Spices' by Tony Hill from my cookbook collection. Hill says...."Common garden sage...has a unique, clean taste that is simultaneously astringent, sweet, and warming..." Doesn't that just make you want to give it a try outside of Thanksgiving? A great flavor combination according to Hill is sage and onion, cooked together to slightly caramelize the onion and bring the full pungency of sage to the front. Check out this week's recipe with acorn squash and sage.

What's In the Box?

Lettuce	Chard
Tomatoes	Sage
Acorn Squash	Beets
Bok Choy	Corn
Cucumbers	Zucchini
Red Onion	Yellow Onion
Garlic	Sweet & Hot Peppers
Tomatillos	Green Beans
Green Onions	Eggplant



Take a look at 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
Griller Hybrid - spicy
Jalapeno - medium
Large Cayenne - hot

RECIPE CORNER

This Week's Winter Squash: Mashed Potatoes Acorn Squash

This acorn squash has a bright white rind and a flesh that is nearly white. The flesh when baked and fluffed has the consistency of mashed potatoes and is low in sugars.

Roasted Acorn Squash with Garlic-Sage Butter

1 acorn squash*
1 tablespoon extra virgin olive oil
½ teaspoon kosher salt
⅛ teaspoon freshly ground black pepper
1 tablespoon dark brown sugar
¼ teaspoon crushed red pepper flakes
2 cloves garlic*, thinly sliced
12 fresh sage leaves*
4 tablespoons unsalted butter

Heat the oven (with the oven rack in the middle) to 425°F.

Cut the squash in half lengthwise. Scoop out the seeds. Cut each half in half again (lengthwise). Put them on a sheet pan and drizzle with the oil. Rub to coat. Sprinkle the flesh with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Place cut side down and roast on one of the sides for 20 to 25 minutes until golden brown. Tip each piece so the other sides brown as well and roast for another 20 to 25 minutes, until tender.

In a small bowl, combine the brown sugar, red pepper, and the remaining ¼ teaspoon of the salt. Slice the garlic and pick the sage leaves.

For the brown butter, in a medium skillet, melt the butter over medium heat. Add the garlic and cook, swirling the skillet, until it just begins to brown, about 1½ minutes. Moving quickly now so the butter doesn't burn, add the brown sugar mixture. Swirl to incorporate then quickly add the sage and swirl again until the leaves become crisp, about 45 seconds.

Spoon the garlic sage-butter over the squash and serve immediately.

<https://jessicaseinfeld.com/recipes/roasted-acorn-squash-with-garlic-sage-brown-butter>

*In your box this week.

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.