
BUSH PRAIRIE FARM NEWSLETTER

Volume 10, Issue 17

September 21, 2020

From the Farm

This week marks the second to last week of the CSA. We do have some extra long storing vegetables to share with you upon your request. See below. We are busy planting a clover cover crop in as many empty rows as we can and preparing soil for planting garlic in November.

With fresh air back again, we started the winter squash harvest—one of our favorite jobs. The plants survived the cucumber beetle and the yield this year is fantastic. This week's squash is butternut and spaghetti.

The leek crop looked so good – the plants were so tall and green. When we went to harvest them for this week's box, we sadly discovered that they had gone to seed even though we kept cutting the scapes. They formed bulbs and the center is a woody stem. Never had that happen in the 10 years we've been growing leeks.

Place Your Order

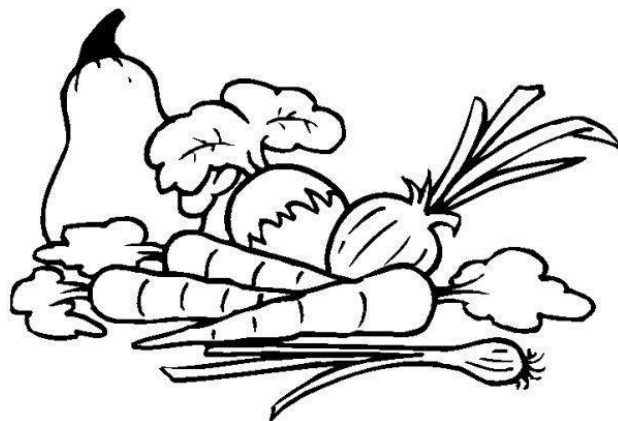
If you would like extra of any of the following, please let us know this week. We will gather your order and put the vegetables out with your last box next week. Here's what's available:

- Winter Squash
 - Delicata
 - Butternut
 - Acorn
 - Kabocha
 - Spaghetti
- Small to medium size pumpkins
- Pie pumpkins
- Hot peppers
- Onions
- Garlic

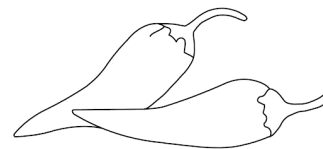
Contact us at kathleen@bushprairiefarm.com

What's In the Box?

Lettuce	Kale
Tomato	Basil
Butternut Squash	Tatsoi
Bok Choy	Corn
Cucumber	Zucchini
Red Onion	Yellow Onion
Garlic	Sweet & Hot Peppers
Tomatillos	Green Beans
Green Onions	Eggplant
German Butterball Potato	
Spaghetti Squash	



Take a look at www.bushprairiefarm.com under the CSA tab for labeled pictures of the vegetables in this week's box.



This Week's Hot Peppers

Garden Salsa - mild
Peppercino - mild
Jalapeno - medium
Cayenne - hot

RECIPE CORNER

Butternut squash has a sweet, nutty taste like pumpkin. One of its attributes is how easy it is to peel. This is a simple recipe from allrecipes.com.

Simple Roasted Butternut Squash

1 butternut squash*—peeled, seeded, and cut into 1-inch cubes

2 Tbsp. olive oil

2 cloves garlic, minced

Salt and pepper to taste

Preheat oven to 400 degrees F. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and pepper. Arrange coated squash on a baking sheet. Roast until squash is tender and lightly browned, 25-30 minutes.

*for smaller butternut, cut recipe in half.

Spaghetti squash contains many large seeds and when raw, the flesh is solid and similar to other raw squash. When cooked, the meat of the fruit falls away from the flesh in ribbons or strands that look like, and are often substituted as a healthier option for spaghetti.

Spaghetti Squash Marinara

1 medium spaghetti squash, halved and seeds removed

Salt and pepper

Bake the squash cut side down in the oven at 350 degrees until tender (45-60 minutes) OR use the Instant Pot – with the trivet and 1 c. water- 7 minutes on high pressure and quick release pressure. Let squash cool to touch.

2 c. baby spinach or chopped tatsoi*

1 1/2 c. ricotta

1 tsp. dried oregano

1 clove garlic*, crushed

1/4 tsp. crushed red pepper flakes

1 1/2 c. marinara sauce

1/2 lb. fresh mozzarella, thinly sliced

1/4 c. freshly grated Parmesan

Freshly chopped basil*, for garnish

Preheat oven to broil. Using a fork, scrape spaghetti squash strands into a large bowl, reserving squash skins. Add spinach, ricotta, oregano, garlic, and red pepper flakes and toss to combine. Place mixture back into squash skins and top with marinara, mozzarella, and Parmesan.

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.