
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

Closing the CSA season is always a bit bitter-sweet. Bitter because we love filling your boxes with delicious vegetables and sweet because we are ready for a rest! In a time of such uncertainty, we can count on the need for food and for community. Thank you for being a part of our CSA community this year. Perhaps more than any other season, we needed the work of this farm and the opportunity to serve you. We acknowledge you for your commitment to local food—weekly picking up your box, storing the vegetables, and preparing them. A round of applause is in order!

We usually plan a relaxing after farm trip to a sunny location—this year, we are headed to the Oregon Coast for a short trip. We will have a brief business meeting to evaluate the season and make a decision about doing this again next year. Regardless of the decision, the garlic is already ordered.

Please watch for a survey in the next week or so. We value your input and use your feedback to improve our CSA for you.

Have a great fall and winter. Please return your boxes when you can.

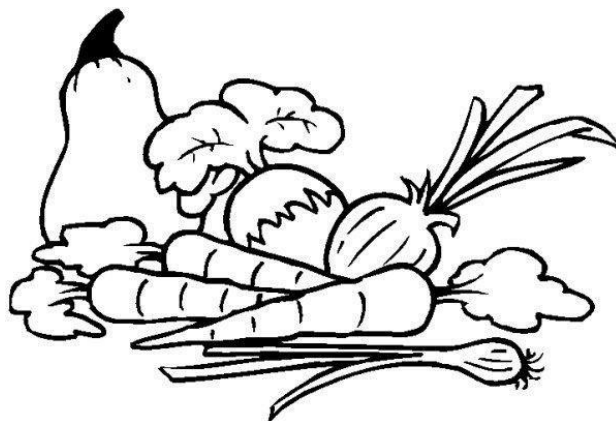
About Leeks

The leek is a member of the onion family but has a sweeter, more subtle flavor than an onion. It can be eaten raw or cooked but the green tops are usually not eaten. (Because our leeks are so tall, we cut most of the green off to get the leeks into your box.) To store, refrigerate leeks in a plastic bag for up to two weeks. Leeks can have dirt between the leaves. To prepare, trim off the root end, leaving the white, pale green parts. Make a long vertical slit through the center slicing in half vertically. Wash under cold running water, flipping through the leaves to expose the inner surfaces to water. Pat dry. Thin leeks are a delicacy. Take advantage of leek's affinity for potatoes and add to cream of potato soup, mashed or scalloped potatoes.

P.S. We reported last week that our leeks had passed their prime, but Mark didn't give up and found some that are beautiful.

What's In the Box?

Lettuce	Chard
Dill	Green Onions
Green Beans	Tatsoi
Bok Choy	Corn
Cucumber	Zucchini
Red Onion	Yellow Onion
Garlic	Sweet & Hot Peppers
Leeks	Beets
Autumn Frost Acorn Squash	
Sunshine (Kabocha) Squash	



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

Mad Hatter - mild
Italico – mild
AJ Rico - mild
Jalapeno - medium
Large Cayenne - hot

RECIPE CORNER

Autumn Frost Acorn

Yields very heavy harvests of attractive, blocky, tawny colored fruit with a dusting of natural waxy bloom. These deeply ridged beauties offer a thick layer of sweet flesh that maintains its quality into the new year.

We tried this new to us squash last week. Delicious!!! A little smoother texture than most acorn and a beautiful flesh color. We cut it in half, scooped the seeds out, and baked at 350 degrees with flesh side down. When it was tender, we turned the squash halves over and did the traditional butter and dark brown sugar filling.

Sunshine Kabocha

Similar in appearance to a pumpkin, this variety of squash is a Kabocha winter squash that has a bright reddish-orange skin. Good for baking, the golden orange flesh of the Sunshine, which is a tender stringless flesh, provides a sweet nutty flavor as a side dish, as a filling for pies, as a soup squash, or when prepared in baked goods.

We put this recipe in almost every year—it is hands down, one of our favorite squash recipes.

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.

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.