



Weekly Newsletter

Volume 11 Issue 14

Aug. 30, 2021

In the Box

Lettuce
Green Beans
Basil
Bok Choy
Red Tatsoi
Chard
Sweet Peppers
Hot Peppers*
Tomatillos
Cherry & Main Tomatoes
Eggplant
Garlic
Leeks
Cucumbers
Zucchini
White & Red Onions
Walla Walla Sweet Onion
Corn
Delicata & Acorn Squash

*Biggie chili, griller hybrid, garden salsa, mad hatter (mild); Jalapeno, Burning Bush (med.); Lemon Drop, Red Ember, Chenzo (hot)

Around the Farm

Have you noticed the change in weather? So have the vegetables. Cucumbers, zucchini, green beans, eggplant, peppers, and tomatoes are slowly winding down. We start distributing the fall crop of winter squash this week.

We are starting the clean-up of spent rows—clearing weeds and long gone vegetable plants to plant a cover crop of crimson clover. A cover crop is typically a crop grown between seasons. There's a reason why cover crops are called 'green manure'. These crops improve the health of the soil by adding organic matter, reducing erosion, and enhancing water infiltration. They can also suppress pests and weeds



About Winter Squash

We grew several varieties this year – acorn, butternut, delicata, spaghetti, kabocha, red kuri, and pie pumpkins. And, inside of the acorn variety—several types—mashed potato, autumn frost, goldilocks, honey bear, starry night, table ace, Thelma Sanders. We put goldilocks or mashed potato acorn in your box this week. Each squash variety has its own flavor and texture. Similar features across the board include a hard outer shell and ability to store in a cool, dry place for 1-3 months. They pair well with many spices and herbs – try sage, thyme, cumin-curry-cinnamon, or rosemary. Each year it seems a different squash becomes our favorite. Last year, it was butternut, but we love them all. We use winter squash as a more starchy carbohydrate. They tend to be lower in calories per amount than potatoes, rice, and noodles. A quick tip for cutting them is to put them in the microwave (after you've put a couple of slits in for air to escape) for 2 minutes on high.



Recipe Corner

Delicata Squash – Also referred to as peanut or Bohemian squash. It stores very well and is easier to cut than many other varieties of winter squash. The best part – *no need to peel, but if you do, it's easy!*

We use this squash a lot in stir fries. Cut it lengthwise. Remove the seeds and cut into cubes. Put it in a heated pan with butter and/or oil. Cook for about 5 minutes, then add the rest of the vegetables. It takes about 10 minutes to cook.

'Traditional' Acorn Squash Recipe

Preheat oven to 350 degrees. Microwave acorn squash for 1-2 minutes. Cut in half from top to bottom. Scoop out the seeds. Rub thin layer of olive oil on the cut sides. Place face down on cookie sheet greased or with parchment. Bake 30-45 minutes or until flesh is softened. Turn the squash over and add ½ Tbsp. butter and 1 Tbsp. brown sugar to each half. Bake for another 15 minutes until flesh is soft. Other additions to try are cinnamon and maple syrup.

What we did with chard, onions, eggplant, garlic, basil, tomatoes, and green onions

Slice one or two dry onions and fry until caramelized. Cut eggplant in half lengthwise and roast or grill until tender. Cut chard into ribbons. Cook it in oil and a little water in a big cast iron skillet until it is crunchy tender and still bright green. Drain excess water off. Mix 1 -2 c. cottage cheese with an egg, chopped basil, and ¼-1/2 c. shredded mozzarella cheese. Spread cottage cheese mix in a thin layer on top of the chard. Add caramelized onions as next layer, then eggplant on top. Sprinkle with chopped garlic. Top with mozzarella and bake for 15 minutes or so at 350 degrees. Top with sliced tomatoes, chopped green onions, and more basil. Serve!

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

