



Weekly Newsletter

Volume 11 Issue 17

Sept. 20, 2021

In the Box

Lettuce
Bok Choy
Red Tatsoi
Green Onions
Napa Cabbage
Eggplant
Cucumbers
Summer Squash
Basil
Kale
Sweet Peppers
Hot Peppers*
Tomatillos
Tomatoes
Garlic
Yellow and Red Onions
Corn
Winter Squash – Jester &
Autumn Frost

*Biggie chili, mad hatter, poblano (mild);
Jalapeno, Burning Bush (med.); Lemon
Drop, Chenzo (hot)

Around the Farm

We have several microclimates on this five acre parcel of land. The temperature at the airport got down to 36 degrees last week, but in the far back corner where the pumpkins are, we had frost! No harm to produce, just the vines. This week, we harvested sugar pie and jack-o-lantern pumpkins and continue to bring in butternut squash as it ripens. We have some HUGE butternut squash and continue to send ripening vibes out so we can give them to you next week. Thanks to the Fergusons (subscribers) who asked if we ever grew sweet potatoes. The challenge was on and we are delighted with the success of this crop. We harvested them last week and many are huge. Some have been nibbled on by farm critter pests, but we hope to give you a taste in next week's box. They need to sit for a week or two to increase their sweet flavor. Next week is the last box of the season. We will have extra dry onions, sugar pie pumpkins, and some assorted squash for the taking.



About Jester and Autumn Frost Winter Squash

Jester squash is part of the delicata squash family. Jesters are oval in shape with small green and orange ribs. With delicata and jester squash you can just cut the squash in half lengthwise, scoop out the seeds and strings and then cut half-moon slices and bake or pan fry them until tender.

Autumn Frost is a unique, round and stocky, deeply ribbed butternut type squash. It ripens to dark tan skin with a frosty overlay. This eye-catching squash has a rich butternut flavor and stores well up to 4 months.



Recipe Corner

Too many recipes to choose from! You have sent so many delicious looking recipes. Thank you! We couldn't find one that fit just exactly with what was in the box, so settled for an old favorite that uses winter squash and the new crop of fall apples.

Winter Squash with Carmelized Apples

1 large butternut or autumn frost squash

4 Tbsp. butter

2 large apples, peeled, cored, and chopped

¼ c. brown sugar

½ tsp. cinnamon

¼ tsp. nutmeg

Preheat the oven to 400 degrees F. Cut the squash into halves if small, or into quarters if large. Remove and discard the seeds and fibers. Place skin-side up in a baking dish and add about 1 inch or water to the dish. Bake for 60 to 90 minutes, until completely tender when pierced with a fork.* While squash is cooking, melt the butter in a large skillet over medium heat. Add the apples, brown sugar, cinnamon, and nutmeg. Saute until the brown sugar is dissolved and the apples are tender and coated in the sugar syrup, about 5 minutes. Set aside. When the squash is done, drain off the water. Allow squash to cool. Scrape the flesh from the skins into a mixing bowl and discard the skins. Mash or beat until smooth. Fold in the apples and syrup. Season with salt and pepper. Reheat in microwave.

*If you have an instant pot, looks like the squash can be cooked in 15-20 minutes.

Serves 4-6. Taken from Recipes from the Root Cellar by Andrea Chesman

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

