



## Week 13

### Farm News:

What crazy weather we are having. It suddenly feels like fall even though we still have several weeks of summer left. Last week we had some nights in the low 40s. Tomatoes and other summer veggies don't like temperatures below 60 and winter squash that is still in the field can get cold damaged with temperatures below 50. We are working hard both last week and this week to get all of our winter squash out of the field. We will give out some winter squash right away and others will cure for the next several weeks. We are also working hard to get a lot of fall greens in the ground to take advantage of the cooler weather!

### This Week's Share (probably):

Delicata winter squash  
Watermelon OR Asian pears  
Tomatoes  
Peppers and/or Eggplant  
Onions  
Lettuce  
Garlic  
Potatoes

### Vegetable of the Week:

#### *Winter Squash*

This year, we grew four main types of winter squash (butternut, delicata, kabocha, and spaghetti), a couple different types of pumpkins, and we trialed a few new ones (hubbards and a Caribbean pumpkin). Some types of winter squash need to cure and be stored for up to 6 weeks for their full flavor to develop, and so we won't be giving out butternut squash or kabochas until the end of the 20 week CSA. We also grew a selection of winter squash that can be eaten soon after harvest: a sweet dumpling squash called carnival (small, cream colored with green and orange striping shaped like an acorn squash), zeppelins (a traditional delicata that is oblong, cream colored with green stripes), and spaghetti squash.

I think the easiest way to prepare winter squash is to cut them in half, scoop out the seeds, turn them upside down on a baking sheet and cook until soft. You can easily scoop out the flesh and serve (no peeling needed). Winter squash is great baked, sautéed, made into soup, used as a taco filling, and the list goes on and on.

### Recipe of the week:

#### *Glazed Delicata Squash Rings*

From: *Serving up the harvest: celebrating the goodness of fresh vegetables* by A. Chesman

*Delicata squash have a delicate and sweet flavor. They are small and the skin is delicate enough to eat. While the skin doesn't add flavor, it does help the squash retain its shape (like a baked potato).*

#### Ingredients:

- 2 medium delicate squash
- 3 Tbs butter (melted)
- 2 garlic cloves, minced
- 1 tsp minced fresh ginger
- 1 Tbs honey

#### Preparation:

1. Preheat the oven to 350°F.
2. Slice off the end of the squash and scoop out the seeds. Cut the squash into ¾-inch rings.
3. Stir together the butter, garlic, and ginger in a small bowl. Brush on both sides of the squash, reserving 1 tablespoon of the butter mixture, and place the rings on a baking sheet.
4. Roast for 15 minutes, turning the rings once halfway through.
5. Add the honey to the remaining butter. Brush the honey-butter mixture over the squash and return to the oven to roast for another 5 minutes, or until completely tender and lightly browned. Serve hot.