



Week 19

Farm News:

We may get our frost this week, and the weather is definitely getting colder. We have enjoyed the longer warm-weather and a super late first frost, but colder nights help make the carrots and many other vegetables sweeter! We aren't ready for winter (a lot has to happen on the farm to get ready for winter including a large field clean-up, cover crops, etc.), but we are looking forward to those cool nights and super sweet carrots.

This Week's Share (probably):

Swiss Chard and/or Kale
Carrots
Daikon & Watermelon Radishes
Butternut Squash
Sweet Potatoes
Bok choy
Lettuce

Vegetable of the Week:

Butternut Squash

Butternut squash is a type of winter squash, with a sweet, nutty taste similar to that of a pumpkin. In fact, many people use butternut squash to make a better tasting pumpkin pie.

We grow two types of butternut, Waltham which was developed in Waltham, Mass. and metro, which is a smaller variety. Butternut are a long storing variety of winter squash that can be stored throughout most of the winter if they have been cured and stored properly. We cured our butternut already and stored them for a short time, so they would have time to develop their full flavor. You can store them in a cool, dry place for several months. They taste great now, but get sweet with more storage. Butternut squash is great baked, sautéed, made into soup, used as a taco filling, and the list goes on and on. You can also eat the seeds either raw or toasted.

Recipe of the week:

Butternut Bisque

Ingredients:

2 Tbs butter
1 medium onion (chopped)
1 cup carrots (diced)
3 cups chicken or veggie broth
2 cups winter squash (I like butternut for this soup)
½ cup plain yogurt (optional)
Salt and pepper to taste

Preparation:

1. Melt butter in a large saucepan. Add onion and carrots and sauté over medium-low heat until onions are soft.
2. Add broth and winter squash and simmer until carrots and winter squash are soft.
3. Add yogurt (optional) to the mixture and transfer to a blender. In small batches, puree until smooth (be careful of blending hot liquids).
4. Return to saucepan and cook over medium heat until hot.
5. Season to taste with salt and pepper. Garnish with sour cream or plain yogurt.