

Week 13
September 8, 2011

Radishes
Kabocha Squash
Carrots
Onions
Garlic
Celeriac
Kohlrabi
Acorn Squash
Green Beans
Spinach/Arugula
Broccoli
Zucchini

Well, this has been an exciting week! We had a wonderful potluck on Saturday. We sure enjoyed meeting and visiting with those of you who came out. It was so nice to see adults and children alike enjoying the potato sack races, horse rides and the rope swing. The food was amazing as well!

Monday night one of our members came out to the farm for a visit and while here, their 3 year old wandered into the 320 acre corn field that borders our property. After a long search, rescue workers were called in. It was amazing to see the volunteer rescue workers, sheriff's department, neighbors and more all coming together to find him. Many others sent up prayers for his quick recovery. After 2 ½ hours he was found, safe and sound. It's a humbling feeling to know that so many are part of our community and are there to help when needed.

Tuesday night we were out picking squash in the north field and we noticed that there was a lot of animal damage to the squash. It looked to be a large animal. A few feet from the squash field was a large pile of bear poop. I guess they have to eat too! We're trying to get our squash harvested before the bears or a frost takes them.

We are on a frost watch. We'll water some things, cover others. Some things however, will just have to go. It is that time of the year. On the plus side, carrots and kale will be sweeter. Sweet Potatoes will soon be dug and Brussels sprouts will be ready soon. All of these things happen after a frost.

Kohlrabi

This week you'll find Kohlrabi in your box. We had a very few earlier in the year, but today everyone gets one. J Kohlrabi is a cross between a cabbage and a turnip. They are excellent raw. Just peel the outer skin off, slice and serve with dip. Kohlrabies can also be boiled or steamed. Kohlrabi is an excellent source of vitamin C and potassium.

Kohlrabi Vegetable Salad

1 c. ½ inch kohlrabi cubes ¼ c. vegetable oil
1 c. ½ inch green bean pieces 2 T. vinegar
1 c. ½ inch carrot cubes 1 tsp. salt
1 c. peas ½ tsp. paprika
1 c. small broccoli florets

Combine all ingredients and let stand in a cool place at least one hour. Top with mayonnaise if desired.

Winter Squash

Winter squash will be in your box each week from now until the end. Here are some winter squash cooking tips that you may find helpful.

1 pound squash equals 2 cups cooked.

Boil or steam 1 ½ to 2 inch chunks for 15-20 minutes or until tender.

Mash cooked squash and top with butter and maple syrup. Serve hot.

Puree cooked squash for a creamy soup, or add uncooked chunks to hearty soups and stews.

Winter squash is easy to bake. Slice squash in half lengthwise, scoop out the seeds and place face down in a cake pan. Add ½ inch water to the pan. Bake about an hour, or until tender.

Cook peeled squash chunks alongside roasting meats.

Winter squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degrees) location.

Apple Stuffed Acorn Squash

1 medium acorn squash 2 T. sugar
3 T. melted butter, divided ¼ tsp. cinnamon
salt 1 tsp. lemon juice
1 apple, peeled, cored and chopped

Cut squash in half lengthwise and remove seeds. Place squash, cut side down, in a baking pan. Add ¼ to ½ inch water and bake at 375 degrees for 35 minutes Turn cut side up and brush cut surfaces and cavities with butter. Sprinkle lightly with salt. Divide chopped apple evenly into squash cavities. Combine sugar and cinnamon and sprinkle over apples. Sprinkle lemon juice and remaining butter over the apples. Reduce heat to 350 degrees and bake 30 minutes.

Broccoli Carrot Stir Fry

2 T. vegetable Oil ¾ cup chicken broth
1 ½ cup small broccoli pieces ½ tsp. salt
1 c. thinly sliced carrots 1 T. cornstarch
1 small onion, sliced 1 T. cold water
1 tsp. soy sauce

Heat oil in wok or large skillet. Add broccoli, carrots and onions. Stir fry one minute. Add broth and salt. Cover and cook until carrots are tender crisp, about 3 minutes. Mix cornstarch, water and soy sauce. Add the vegetables and stir until thickened.

Have a great week with great food!
Jody, Mike, Claudia, Malcolm and Jonas