

# Fry Family Farm CSA Newsletter

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## This Week's Box:

- Carrots
- Butternut Squash
- Spinach
- Tomatoes
- Sungold Cherry Tomatoes
- Red Bell Peppers
- Walla Walla & Red Onions
- Russet Potatoes
- Basil
- FLOWERS: Ornamental Peppers and Hypericum.

## Butternut Squash

(Cucurbita moschata)

Also known in Australia as Butternut pumpkin. It has a sweet, nutty taste similar to pumpkin or sweet potato. It is a fruit that can be roasted and also be pureed or mashed into soups, casseroles, breads, and muffins. It can also be cooked on a barbeque, wrapped in foil with spices such as cinnamon and nutmeg.

It is a source of fiber, vitamin C, manganese, magnesium, and potassium. The butternut and related species of squash originate from around Mexico- separate from pumpkins or "winter squash" which originate in South America.

There are many ways to incorporate butternut into recipes. Sub this roasted puree for any recipe calling for pumpkin puree.. Yum

## Field Notes from the Farm

Well, we've all been feeling a little manic on the farm these last few weeks. The onset of fall finds us harvesting summer crops in fall weather. By this I mean literally- harvesting tomatoes and zucchini in the pouring rain, but also I mean something a little more abstract. The juxtaposition of summer not yet over with fall beginning...The transition time, as it were, is a very interesting time for us. When our plants begin to die, there is a little part of our energy that goes along with them. While, of course, we can't hold on to summer forever- nor would we have the energy to produce like that year-round, there is still a sadness in the now unavailability of some of the summer crops. Yet there is still a trace of summer left for the farmer. So, while the rainy cold days may be a temptation to slow down, they are merely, at this point anyways, just a tease of the slower winter life that lies ahead. Capiche?

So, we all start *thinking* about adjusting to our fall and winter schedules. We can now countdown; only 5 more weeks of growers markets, 2-6 more weeks of CSA deliveries, the last week of our wholesale flower business (THANK YOU JOANIE!), This much longer for that crop, or that other crop, etc., etc.

So when days like last Friday happen, when it was just too wet and rainy to pick flowers, and we flower girls suddenly find ourselves with an unexpected day off???? What do we do? Adjust to the seasons. My favorite aspect of this lifestyle is how in touch with the seasons we come to be. This is the time for reminiscing about summer, getting our rain gear and muddy boots out, snuggling up on wet days, relishing the new crops of winter squash and the promise of warm savory soups, and saving our summer riches so we can hold up over the long cold winter. Aye yie yie.

## Roasted Tomatoes with Onions and Herbs

*(From Cooking Light)*

### INGREDIENTS:

4 medium tomatoes, cut in half horizontally (about 2 pounds)  
1/2 t. salt, divided in halves  
Cooking spray  
1/4 cup minced onions or shallots  
1 T. chopped fresh parsley  
1 t. chopped fresh oregano  
1 t. chopped fresh thyme  
1/2 t. chopped fresh rosemary  
1/4 t. freshly ground black pepper  
2 t. olive oil

### DIRECTIONS:

1. Preheat oven to 350.
2. Core and seed tomato halves. Sprinkle cut side of tomato halves with 1/4 t. salt. Place tomato halves, cut side down, on paper towels. Let stand 20 minutes.
3. Place tomato halves, cut sides up, in a 13 x 9 inch baking dish coated with cooking spray. Sprinkle with remaining salt, onions and next 5 ingredients. Drizzle with olive oil. Bake at 350 for one hour and 15 minutes, or until tomatoes soften. Yield 8 servings.

## Roasted Butternut Squash Soup

Olive Oil

1 2-pound butternut squash, halved lengthwise, seeded

2 cups (about) canned low-salt chicken broth

Pinch of grated nutmeg

1 cup milk

sour cream (optional)

Chopped fresh chives or green onions (optional)

Preheat oven to 375°F. Coat 13x9x2-inch glass baking dish with olive oil. Place squash cut side down in prepared dish. Pierce each squash half several times with toothpick or skewer. Bake until squash is tender, about 45 minutes.

Using large spoon, scrape squash into processor; discard peel. Add 1 1/2 cups broth and nutmeg and puree until smooth. Transfer puree to heavy large saucepan. Mix in milk and enough broth to thin to desired consistency. Stir soup over medium heat until heated through. Season to taste with salt and pepper. Ladle soup into bowls. Top with dollop of sour cream and chives, if desired.

Serves 4. Bon Appétit January 1996.

## Spinach Pesto

2 cups fresh spinach leaves, washed and stemmed

1/2 cup fresh parsley

1/2 cup walnuts, toasted

1/4 cup freshly grated Parmesan cheese

3 cloves garlic, peeled and quartered

2 Tbs. extra virgin olive oil

1/4 tsp. salt

1/8 tsp. freshly ground pepper

I like to start by mincing the garlic, salt and pepper in the bowl of the food processor. I add the rest of the ingredients and then drizzle the olive in while the food processor is running. Always remember to adjust your seasonings to taste.

Recipe courtesy of our favorite local chef; Ms. Sue Jaffe.