

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 18, October 2, 2008

Well hello everyone! It appears we are about to experience fall this weekend, in its full splendor of rain, cool days, and sunsets which cut our light shorter by the day. Ahh, the summer is rapidly dwindling.

I was out wandering in our 15 or so acres of winter squash the other day, (hard to call that lot a "patch"), when it hit me; this is the great pumpkin patch Charlie Brown! No, that wasn't it, it hit me how much I love this time of year. Something about how the cool fall weather quenches a thirst we've all had since spring. How we feel we've just ran a marathon: completed the most important race of the year, but we are not quite done. We can't quite slow down yet, but we can see the finish line. The extra reserve of energy and resources kicks in (who knew there was really any left), and we are on the home stretch. Our heads are held high with a sense of accomplishment; knowing we gave it all we had, and we dun pretty good.

Every year I try to convey our seasonal fluctuations via the superlative analogy, and yet the perfect descriptive picture eludes me. Albeit enough to say for now that fall is in the air, and we are bountifully cruising through to the end. Those Partial season folks will receive two more boxes after this week, and the full seasoners have six more to go. We still have a lot of wonderful fall crops coming up, Spinach of course should be here in the next week or two. Also we will be seeing: Leeks, Onions, and more.

We will have enough winter squash to supply anyone that would like to order extra for over wintering. Please let us know ASAP to ensure the best selection. Our varieties include: Acorn, Golden Acorn, Spaghetti, Butternut, Buttercup, Red Kuri, Sweet Meat, Delicata, Sugar Loaf, Sweet Dumpling, and Pie Pumpkins. We should also be having Jack-O-Lantern pumpkins and all sorts of other decorative gourds and bizarre looking heirloom pumpkins and hard shelled squashes at our growers markets. Which by the way are in their glory days of displays. Come check us out!

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Green Beans
Celery
Slicing Tomatoes
Heirloom Tomatoes
Savoy Cabbage
Potatoes
Assorted Bell Peppers
Acorn Squash

Full Share:

Salad Mix
Lettuce
Tomatoes
Heirloom Tomatoes
Slicing Tomatoes
Green Beans
Celery
Savoy Cabbage
Assorted Bell Peppers
Potatoes
Carrots
Acorn Squash
Zucchini

FLOWERS:

Ornamental Peppers.
These can be used as a dried flower too, please pick off all the leafy foliage for best result.

Roasted Acorn Squash with Chili Vinaigrette

(From epicurious.com)

This late-season squash is roasted to coax out its subtle sugars before being mixed with citrus juice, chile, and cilantro.

Makes 4 servings.

Ingredients

2 (1 1/2 - to 1 3/4-lb) acorn squash
1/2 teaspoon black pepper
1 teaspoon salt
6 tablespoons olive oil
1 garlic clove
1 1/2 tablespoons fresh lime juice,
or to taste
1 to 2 teaspoons finely chopped
fresh hot red chile, including seeds
2 tablespoons chopped fresh cilantro

Preparation

Put oven racks in upper and lower thirds of oven and preheat oven to 450°F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Roasted Tomatoes with Onions and Herbs

INGREDIENTS:

4 Tomatoes, cut in half
1/2 t. salt, divided in half
Cooking Spray
1/4 cup minced onion or shallot
1 T. Fresh Parsley
1 t. Fresh Oregano
1 t. Fresh Thyme
1/2 t. Fresh Rosemary
1/4 t. Fresh Black Pepper
2 t. Olive Oil

PREPARATION:

1. Preheat Oven to 350.
2. Core and seed tomato halves. Sprinkle cut side of tomato halves with 1/4t. Salt. Place tomato halves cut side down on paper towels. Let stand for 20 minutes
3. Place tomato halves, cut sides up, in a 13x9 inch baking dish coated with cooking spray. Sprinkle with remaining salt, onions and all herbs and pepper. Drizzle with olive oil. Bake at 350 for one hour and 15 minutes, or until tomatoes soften. Yield 8 servings.