

CSA Newsletter



Week 19:
10/9/18 & 10/11/18

Box contents

Small share:

1 butternut squash
1 pie pumpkin
1 rutabaga
1 head broccoli
2 lb. sweet potatoes
1 head garlic
1 shallot
3 bell/frying peppers
1 jalapeño pepper
1 lb. Brussels sprouts

(**Next up...**butternut squash, sweet potatoes, beets, peppers, onions, red cabbage, rutabaga, celeriac)

Farm News

The rain has been relentless lately making our fall harvesting much more challenging. Our bridge has been totally or partially flooded most days in the past week and the rain is still coming... The end of this season will definitely go down as a tough, wet one, but we're going out strong with lots of fall veggies ranging from winter squash to root veggies and brassicas. We've dug up some huge, beautiful sweet potatoes this year, but unfortunately the voles thought they looked pretty nice too and we ended up with a lot of pest damage. We do still have a good amount of nice ones, which we'll share with all of you, and we'll eat the ugliest ones all winter. We'll finish rotating in the rest of the beets next week. Note we cleaned up the Brussels sprouts as best as we could, but because of all the rain they'll benefit from a little extra peeling. Next week is the last week of the regular CSA season. But if you'd like to stock up on veggies, we're offering add-ons of a one- or two-week CSA extension and a storage share. See the body of this week's email for the details. We're also looking forward to seeing many of you at our annual fall cider and pumpkin event this Sat. Oct. 13 from 2-5pm. (Directions in the email.) As usual, we'll show off the farm and enjoy some soup, cider, and pumpkin bars. We'll also have a selection of carving pumpkins to take home with you.

Regular share additional items:

Extra lb. butternut
1 bunch collard greens
1 cayenne pepper

Recipes & Storage Tips

Butternut Squash Enchiladas

1 butternut squash, halved 2-3 T. olive oil
1 onion or shallot, chopped 2 cloves garlic, minced
¼ - ½ cup milk (optional) ½ cup corn (optional)
1 can pinto beans, drained, rinsed, mashed coarsely
½ cup crumbled feta or 1 cup grated Monterey Jack
1 cup mozzarella 20 6-in. diameter corn tortillas
1 can hot enchilada sauce
Sour cream, sliced black olives, cilantro (optional)
Preheat oven to 400°F. Place oiled squash halves (seeds removed), cut side down, in pan. Bake until tender (~1 hr.). Cool squash completely and spoon into a bowl. Mash the squash and add milk until it has the consistency of mashed potatoes. Sauté onion and garlic in oil until onions become translucent. Mix into squash, corn, and beans. Stir in feta or half of the Monterey Jack. Season with salt & pepper. Heat tortillas so they're soft and bendable. Place a heaping spoonful of squash mixture in the center of each tortilla. Roll up and arrange seam side down in a 13 x 9 x 2-in. baking dish. Preheat oven to 350°F. Spoon enchilada sauce to cover all enchiladas thinly. Sprinkle remaining cheese over enchiladas. Bake until heated through, about 15-20 minutes. Optional: Top with sour cream, olives, and cilantro.

Tips: *Butternut squash & pie pumpkins:* Store at room temp. for up to a month, or in a cool (50-55°F), dry place for several months. Eat roasted, pureed, or in soups. Make [pumpkin puree](#) and use in baked goods or a pie, or freeze for later. *Rutabaga:* A larger & sweeter relative of the turnip, stores at room temp. for a week, or refrigerated/in a root cellar for up to 1 month. Grate raw into salads/slaws. Bake 1-in chunks brushed with oil for 40-50 min., or roast w/ meats. *Sweet potato:* Store in a cool, dry place for several weeks. Great baked (whole or cut as fries), steamed, or mashed. *Brussels sprouts:* Store refrigerated in a plastic bag for up to a week. Cut off the tough bottom of the sprout stem and remove any damaged outer leaves. They are great additions to salads, soups and stews, and sautés. Try [with bacon, apples, and onions](#).