



Hi folks! Here we are at Week 16. There are just 4 boxes to go after this. And so many fun treats still to come!

New Items

This week you'll find two new items for the season: edamame and delicata squash.

Edamame are edible soy beans, often called Japanese soy beans. These aren't your average field soy beans that are generally grown as animal feed. These beans are like the sweet corn of the soy world. They are best eaten boiled and salted, similar to how we eat peanuts. See recipe on page 2. Edamame are a great, nutritional snack: low in fat and cholesterol, yet high in protein. Yummy!

Also new this week is delicata squash. Delicata is a type of winter squash. It has sweet flesh, is fairly creamy, and even has an edible skin! It is generally prepared by baking or by boiling. Winter squash in general is great roasted and is fantastic for curries and for soups.

Just a brief reminder that our winter squash (like our sweet corn) was grown this

season on our new land in the town of Cross Plains, where we live. Remember that these fields are not yet certified organic; they are considered transitional. This means that while we are following all organic practices to grow these winter squash, the land itself has not been certified organic. Next season these fields will be able to be certified organic!

Outside of the Box

This week you will find two items that will be OUTSIDE of your box: cabbage and eggplant. Because of the large number of items in the box this week and the sheer bulk of the aforementioned veggies, you will find your cabbage and eggplant outside of your box. Each member can help themselves to one of each. We will post signs at the sites to remind you of this as well.

Hoop House Transformed

This week we prepped the soil in the hoop house. Because of its ability to shield veggies from cold spring and fall

temperatures, we actually harvest three separate times from our hoop house each season. The hoop house essentially never gets a chance to replenish its soil nutrients, because we harvest so intensely from it. So we have to take extra care to re-build its soil. To do this, we spread lots of compost and incorporate it into the soil. Then we also add some purchased organic fertilizers to replenish the minerals that the previous crop used up.

Once the soil was prepped, it was time to transplant the lettuce and spinach into the hoop house. This lettuce will hopefully show up in the first box of the winter share in November if we don't get too cold of a fall!

Harvest in the Rain

After no rain for the entire month of September, today we received a whopping 5 inches at the farm. It was a rainy and muddy harvest day, so you may need to rinse things more than normal to wash away the extra dirt.

Enjoy! Mike and Cassie

In the Box:

- Bell Pepper, Colored (red, orange or yellow)
- Cabbage *Outside of Box*
- Carmen Pepper
- Cilantro - REGs
- Delicata Squash
- Edamame
- Eggplant *Outside of Box*
- Garlic
- Green Beans
- Jalapeno Pepper
- Lacinato Kale - REGs
- Onions
- Parsley - EOs
- Poblano Peppers - EOs
- Potatoes (Red Pontiac) - EOs
- Radishes
- Rainbow Chard - EOs
- Tatsoi
- Tomatoes (Heirloom)
- Tomatoes (Slicing)
- Zucchini (green and/or gold)

REGs = regular shares only
EOs = everyother shares only

Winter Shares still available. We've had such great yields this year, we're hoping to expand our membership. Please help us spread the word! Registration forms online:

www.primrosecommunityfarm.net

Recipes

Roasted Delicata Squash with White Beans and Greens

Ingredients

1 delicata squash, halved and seeds scooped out (you can save them and roast them for snacking!)
1 large garlic clove, minced
extra-virgin olive oil
1 8-oz can small white beans, drained and rinsed
2 large handfuls of kale or chard— washed and spun dry
1/2 T minced fresh sage leaves
1/4 cup fresh breadcrumbs
1/8 cup grated parmesan cheese

Directions

Preheat oven to 350 degrees. Place the squash halves (cut side up) on a sheet pan or in a baking dish. Drizzle the surfaces with some olive oil, and season with kosher salt and freshly ground black pepper. Bake in the oven until the flesh is tender when pierced with a knife or fork, about 1 hour. Remove the squash halves from the oven and set aside.

Meanwhile, make your filling: heat a little extra-virgin olive oil (about 1-2 Tbsp) in a saute pan over medium heat until hot, then add the minced garlic and saute for about 30 seconds. Add the greens and saute until wilted. Now add your drained, rinsed white beans and continue cooking the mixture until the beans are heated through. Stir in the chopped fresh sage, season to taste with coarse salt and freshly ground black pepper, and set aside to cool slightly.

Now you'll fill the squash halves: first, preheat the oven to 425 degrees F. In a small bowl, mix together the breadcrumbs and grated parmesan cheese. When the bean and green mixture has cooled slightly, stir half of the breadcrumb mixture into it — this will help bind the filling together slightly. Divide this filling mixture between the cooked squash halves, mounding it in each.

Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes or so (check a little bit before so the topping doesn't burn).

Adapted from the CSA blog; *Eggs on Sunday*

Boiled Edamame

Bring a pot of salted water to a boil. While that's coming to a boil, rinse the edamame.

Drop the edamame in the boiling water. After 3 minutes pull out a pod and run it under cold water to cool. Check to see if the beans are tender. If so, drain them. Otherwise it may take a minute or two longer. Place the drained pods in a bowl and sprinkle with coarse (or regular) salt.

To eat them: Place the pod in your mouth, holding on to the stem end. Using your teeth, pop the beans out of the pod. Don't worry- the fuzzy-ness won't get in your mouth if you scrape the beans out with your teeth. Drop the empty pod and eat another! It's just like popcorn!

Twice Baked Potatoes with Cabbage and Onion

4 large baking potatoes
3 cups finely shredded cabbage
1/2 cup chopped onion
1 tablespoon olive oil
3 cloves garlic
3 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon pepper
2/3 cup sour cream
Chopped fresh parsley
Crumbled bacon & shredded cheese (optional)

Scrub potatoes and prick with a fork. Bake in a 400°F oven for 50 minutes or until nearly done. When potatoes are cool enough to handle, cut a neat oblong "lid" in the top of each one and scoop out the pulp from inside, leaving a thin shell of about 1/3 inch. Reserve pulp in bowl, saving lid separately.

In small saucepan saute cabbage and chopped onion in olive oil and butter. When onion is lightly colored on edges, turn off heat and add garlic, herbs and seasonings.

Mash the potato with the sour cream. Stir into the cabbage and onion mixture. Spoon pulp back into potato shells. You can top this with shredded cheese for a variation.

Place potatoes in a shallow baking pan. Bake in a 425°F oven for 15 minutes. Place saved lid lightly on top and serve.

Taken from www.cooks.com