



Hi folks. No baby yet – we're on pins and needles waiting for the new Noltnerwyss to arrive. Thanks for all the well-wishes so many of you have sent our way! We'll keep you posted through the newsletters.

Cold Nights are Here

As we wait for the baby, the season marches on. Autumn has suddenly set in! In fact tonight it's forecasted to go down to freezing in our area. So a major focus has been to harvest anything and everything we can that isn't tolerant to the frost.

This afternoon we did a big tomato harvest, just in case we get a frost that nips the remaining fruits on the vine.

Meanwhile, we've harvested all of the ripe red peppers and eggplant, and spent a lot of time boxing them and trying to find space for them in our walk-in cooler. We'll cover the peppers with remay (a white, gauzy fabric) in hopes that they will make it through the cold and continue to produce for us.

We've also been working really hard to get as much of our winter squash out of the field as

possible. While it can handle somewhat cold temperatures, a frost can discolor the skin and make it more prone to spoiling faster. So over the last couple of days, we've pulled nearly 5 tons of winter squash out of our fields! We're storing this winter squash inside our greenhouse. Tonight we will seal up the greenhouse and fire the heat back up to make sure our squash doesn't get too cold.

We have so much winter squash this year (yay for amazing yield!), that one of our current projects is trying to figure out how we will store the squash once freezing temperatures become common. We're hoping to put up another walk-in cooler in the bottom of our barn. This cooler, however, will be used to insulate from the cold. We're hoping to store much of our squash and potatoes in this 'cooler'.

Veggie Info

This week you have one new item: festival squash. This is a beautiful winter squash

Almost identical in flavor and texture as an acorn squash.

Another item you have this week is Joe Parker peppers. These are mildly hot peppers. They are very close to the poblanos you have received in terms of their heat, and they can be cooked in the same ways you'd use a poblano. Some of the Joe Parker peppers are red in color, so this week we bagged them inside the same bag as your beans so that you won't confuse them with your sweet carmen peppers.

Our eggplant continues to produce heavily. We know some of you love and some of you hate eggplant. So in effort not to overwhelm any eggplant haters, it will be available as an extra this week. So feel free to take or leave eggplant as you desire.

Summer Season's End

After this week, there are just 3 boxes left. EO A members' last box is October 14th. EO B's and all REG members' last box will be on October 21st. Enjoy! Mike and Cassie

In the Box:

Bell Pepper, Colored

(red, orange or yellow)

Bok Choy - REGs

Broccoli - REGs

Carmen Pepper (sweet)

Cilantro - EOs

Edamame

Eggplant *Extras*

Festival Squash

Garlic

Green Beans

Head Lettuce

Joe Parker Pepper *

**(Hot - bagged with beans)*

Onions (Yellow)

Potatoes (Red Pontiac)

Radishes

Tatsoi - EOs

Tomatoes

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

Sauteed Bok Choy and Broccoli

This is a simple side dish. Turn it into a meal by adding chicken or tofu to the dish and serving it over rice.

Ingredients

Serves 4 to 6

- 1 pound bok choy
- 1 pound broccoli
- 2 tablespoons vegetable oil, such as safflower
- 1 garlic clove, chopped
- 1 tablespoon finely grated fresh ginger
- 1 to 2 tablespoons soy sauce

Directions

1. Cut white stalks from bok choy; slice into 1-inch pieces. Coarsely chop green leaves.
2. Peel stalks from broccoli; slice 1/4 inch thick. Cut florets into bite-size pieces.
3. In a large skillet, boil 1/2 cup water. Add bok choy stalks and broccoli; cover. Simmer over medium-low until broccoli is bright green, 5 to 7 minutes. Uncover; cook on high until water evaporates, 2 to 4 minutes.
4. Add bok choy leaves, oil, and garlic. Cook, tossing often, until garlic is fragrant, 2 minutes. Press ginger in a sieve over skillet to release juices. Stir in soy sauce.

From [Everyday Food](#), October 2003

White Bean and Roasted Red Pepper Dip

Adapted from [Vegetarian Classics](#) by Jeanne Lemlin

Ingredients

- 1 can white beans (Great Northern, cannellini, navy, etc.) — drained and rinsed
- 1/2 cup chopped roasted red peppers (homemade or from a jar, patted dry)
- 1/2 tsp coarse salt
- 3/4 tsp ground cumin
- 1/4 tsp paprika
- 2 garlic cloves
- 2 tbsps extra-virgin olive oil
- 1 tsp balsamic vinegar

Directions

1. Roast the peppers. Take your bell peppers (or your carmens, though bell will work better) and cut them in half. De-seed and place the peppers insides down on a baking sheet. Broil (or at 550 degrees) for about 7 minutes. Pull out, let cool, and then use a serrated knife to scrape away the burned skin. What you'll have left over is the roasted, sweet flesh of the pepper.
2. Place the drained beans, red peppers, salt, cumin, paprika, garlic cloves, olive oil, and vinegar in a food processor. Blitz until smooth. Serve as is, or refrigerate until later.
Makes about 1 1/2 cups.

Thai-spiced Winter Squash Soup

- 2 festival or acorn squash
- 3 tablespoons unsalted butter, room temperature
- 1 14-ounce can coconut milk
- 1 teaspoon (or more) red Thai curry paste
- water or stock (amount to your preference)
- 2 teaspoons fine grain sea salt (or to taste)

1. Preheat the oven to 375 degrees and place the oven racks in the middle.
2. Carefully cut each squash/pumpkin into halves (or quarters). Slather each piece of squash with butter, sprinkle generously with salt, place on a baking sheet skin sides down, and place in the oven. Roast for about an hour or until the squash is tender throughout.
3. When the pumpkin/squash are cool enough to handle, scoop it into a large pot over medium high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender, you should have a very thick base at this point. Now add water a cup at a time pureeing between additions until the soup is the consistency you prefer - a light vegetable stock would work here as well. Bring up to a simmer again and add the salt. (Add more curry paste if you like, but keep in mind that different Thai curry pastes have differing strengths. Start with a teaspoon to start and then build from there until the soup has a level of spiciness and flavor that works for your palette.)
Serves six.

Adapted from [Cookbooks 101](#), November 2, 2006