



# CSA NEWSLETTER

Summer 08: Week 17: 10/1/08

*This week is: **GROUP A**  
(LAST group A week is 10/15/08)*

*This week begins the bulk of our winter squash harvest. I always have mixed feelings this time of year, when we begin the harvest. Winter squash is so delicious and it has taken all summer to mature, so it's very exciting! They also mark the end of summer and those hot, hot days. On the other hand, the winter squash harvest always reminds me that before too long our diets will be painfully void of the leafy greens and watery fruits we've been spoiled with during the warm months.*

*This has been a difficult year for our winter squash. Powdery mildew, a fungal disease, hit our plants hard this year, so our yield is greatly reduced.*

*Nevertheless, we are excited to share the winter squash we do have with you all. This week is acorn squash. All of the winter squash can be cooked in a similar way: halving them, and then baking the flesh-side down in about an inch of water in a baking pan.*

*As the cold weather moves in, we can expect to start saying goodbye to more crops. This week will most likely be the last for basil. If the weather goes below forty degrees, basil leaves blacken. So you can expect your last basil bunch this week.*

*As promised, the tomatoes are starting to lessen in number. There are still some on the vine, but fewer each week. At the end of last week, we pulled out the sungolds and other tomatoes in our hoop house. In one day that hoop house goes from being thick with tomato greens, to being stripped down to little transplants. Out with the tomatoes, in with spinach, lettuce, and other fall greens for the winter shares.*

*In other fall farm news, things are beginning to slow down quite a bit. We've officially instituted lazy Mondays, where we don't begin work until 9 a.m. All of us are starting to feel the need and desire to slow down. While there is still much food*

*food in the field, and many many tasks to be done, there is no longer that constant pressure. All the food we intend to plant is officially in the ground now. No more greenhouse work for the season. With that out of the picture, we get to slow down our pace just a pinch.*

*New this week in your boxes, in addition to acorn squash, are leeks. These onion relatives take all season to mature. The best way to enjoy them, I think, is in soups. They are look like a much heftier version of a scallion. You generally use the white and light-greenish part of the leeks, cutting up the stalk until you are at the leafy part of the plant. Leeks can get quite dirty as they grow over the course of the season. The best way to clean them is to split the stalk in half with a knife and run water through it. You can best store your leeks in a plastic bag in your refrigerator. Enjoy!*

*Sincerely,*

*Cassie and Mike*

## In the Box:

**Acorn Squash**  
**Beans (Green or Yellow)**  
**Basil**  
**Bok Choi (EO only)**  
**Broccoli**  
*Remember to soak - caterpillars are still with us!*  
**Cauliflower**  
**Carrots**  
**Cilantro**  
**Garlic**  
**Hot Pepper**  
*Green*  
**Leeks**  
**Red Peppers**  
**(Carmen or Bell)**  
*Carmen are long, skinny, red*  
**Salad Turnips**  
**Spinach**  
**Tomatoes**

## ANNOUNCEMENTS

To preorder Kindly Kraut: email Andy by the Sunday before your pick-up day @ [finfin@riseup.net](mailto:finfin@riseup.net). Tell him your name, drop site, share type, and order. Then mail him your payment to:

1218 E. Mifflin St.,  
Madison, WI 53703

# The Joy of Cooking Vegetables

## Leek and Potato (or Cauliflower) Soup

Cassie mentioned her favorite use for leeks is in potato soup. Indeed, it's a simple and delicious way to go. Did you already use up your potatoes? Cauliflower works just as well. Serve it with grilled cheese and a salad of the last tomatoes of fall!

2 T butter  
3-4 leeks, cleaned like Cassie described, and sliced thin  
3 medium potatoes, diced, OR one whole cauliflower broken into florets  
2  $\frac{1}{2}$  c chicken or vegetable stock  
 $\frac{1}{2}$  c cream, optional  
plenty of salt and pepper  
fresh herb of choice

heat the butter in a soup pot and add the leeks. Saute over low heat until the leeks are very tender - give it 15 minutes or so. Add the potato and stock. Bring to a boil and simmer for another 15 minutes or until the potato (or 10 min for cauliflower) is soft. Blend the soup with cream, and salt and pepper to taste. Garnish with chopped herbs.

This soup is simple and classic- but feel free to add seasonings of your choice. Makes 4 cups of soup.

## Curried Early Fall Veggies

Fall is a good time to return to the rich, vibrant flavors of coconut curry.

1 T red or green curry paste - available in the asian food section of a grocery store and well worth finding  
1 can coconut milk  
4 cups chopped bok choy, broccoli, eggplant, cauliflower and red peppers  
handful of fresh basil  
chopped roasted peanuts  
lime wedges  
hot cooked rice

Heat a large skillet over medium low. Fry the curry paste in the skillet until it's fragrant and sizzling. Add the coconut milk all at once and whisk. Add the veggies and simmer lightly until the vegetables are just tender. Spoon over hot rice and garnish with basil, peanuts and lime wedges.

**Winter Squash:** Acorns are great squashes- small and flavorful, these are the first of the winter squashes to appear in fall time. If you are unaccustomed to cooking squash, they are also a good introduction to the vegetable. Their small size makes them easier to cut and less of a challenge to finish.

The Basics: Cut the squash in half and scoop out the seeds, rub a little butter or olive oil on the cut surfaces and slide them in, or flip them cut-side-down into a baking dish with a small amount of water covering the bottom. Bake at 375 for about 30 minutes or until tender. Scoop out the flesh and mash or serve as is for each person to season as they like! That's my favorite recipe.

**Stuffed Winter Squash:** You can use this recipe for this week's acorn or carnival, dumpling, or buttercup squashes. Slice the squash in half, scrape out the seeds and fill the cavity with one of the following. The recipes are enough for 4 squash halves.

- Combine 2 cups cooked wild rice a sautéed onion and garlic clove. Add  $\frac{1}{2}$  c chopped mushrooms or shredded apple. Try a handful of dried cranberries if you like. Add 2 T white wine or an egg to moisten. Fill squash halves
- Mix 1 pound cooked pork sausage with 1 cup bread crumbs or cooked rice,  $\frac{1}{2}$  c celery,  $\frac{1}{2}$  c red pepper and onion to taste. Fill squashes lightly with mixture.
- Do you already have a favorite stuffing recipe? Either homemade or from a box, whatever you eat with turkey will taste great in a squash.

Place your filled squash halves upright in a baking pan, pour water in the bottom just to cover by  $\frac{1}{4}$  inch. Cover with aluminum foil and bake at 375 until cooked through- about 30-40 minutes.