

October 2nd and 4th

This week we started work on a new acre that we’ll be putting into vegetable production next year. Since the new field hasn’t been cultivated in almost half a century—we have lots of work to do—getting everything plowed, picking rocks, spreading compost, seeding cover crop, putting up new fencing, and late in the month as long as everything is ready, planting garlic. This year we often struggled to find the space to plant everything that we wanted to grow—so we’re really excited to have this opportunity to expand our production area.

This week we have our first winter squash of the season in your share—sweet dumpling squash! Sweet dumplings are one of my favorite winter squash—they are tender, sweet, and delicious.

* Red Russian Kale
* Husk Cherries
* Head Lettuce (Buttercrunch or Jericho)
* Beets (Early Wonder, Golden, Chiogga)
* Sweet Dumpling Squash
* Fennel
* Rossa di Milano and Copra Onions
* Mung Bean Sprouts
* Provider Green Beans—and a few purple filet beans

Recipe of the Week: Sauteed Sweet Dumpling Squash with Apples and Caramelized Onion

Sweet dumplings have an edible skin. Depending on the particular squash, it is sometimes so tender you barely notice eating it. Other times the skin is a bit tougher, so depending on your preference, they can be cooked without peeling, or peeled.

Cut squash in half and scoop out seeds. Cut into quarters, then slice into ~1/4 thick slices. Slice 1-2 onions in half and then in thin slices. Wash, core, and slice 1-2 apples into ~1/4 thick slices. In a large sauce pan, cook onions on medium-high heat in 1-2 tablespoons oil, stirring frequently. Cook onions for a few minutes, then add squash and apples. Cover and reduce heat slightly to prevent scorching. Cook covered for ~10-15 minutes, stirring occasionally for even cooking. If squash is sticking to the pan, add a few tablespoons of apple cider or water. Uncover and add 1 tablespoon of butter, a dash of cardamom, cinnamon, cloves, and a pinch of salt. Continue cooking until squash and apples are tender (easily punctured by a fork) and onions are browned (~5 minutes).