

October 5th, 2012

October is here! And with it come cool rainy days, crisp nights, …and an abundance of winter vegetables! This week we brought in all the winter squash and almost all of the dry beans—we set the sweet potatoes out beside the onions to cure—we pulled zucchini plants and cucumber plants and seeded more winter rye in their place—and we worked a little bit more on the hoop house (every bit counts!). Our chickens have also been laying a little more (about half of our spring chicks are now laying full time). We hope that in the next week or so, the others will jump on the egg-laying wagon. Though the last CSA pick-up date is October 26th, we will have eggs for sale through the winter ($3.50/dozen for CSA members at the homestead, $4.00/dozen for non-members and at the farmer’s market). Eggs will be self serve, available in a cooler (weather dependent) outside our cabin, which is up our driveway, ¼ mile west of the field.

In this week’s share we have two new arrivals—Butternut squash and Black Turtle beans! Black Turtle beans are like many other dry beans in their preparation requirements—they can be pre-soaked overnight, washed and drained, and then cooked for 50-60 minutes, or cooked for a bit longer if you want to skip the pre-soaking (though pre-soaking has been shown to reduce flatulence). When cooking dry beans, it is best to add salt after they are cooked—if salt is added to the cooking water it prohibits the beans from absorbing as much water and rehydrating fully.

* Bright Lights Rainbow Chard
* Butternut Squash
* Black Turtle Beans
* Laurentian Rutabaga
* Beets and Beet Greens (3 or 4 kinds of beets in you bunch: golden beets, chiogga beets, red ace beets, bull’s blood beets)
* Mizuna
* Scallions
* Dry Basil

Recipe of the Week: Roasted Butternut Squash Soup

Preheat oven to 400°F. Cut butternut squash in half and scoop out seeds. Place cut side down on a well-oiled baking sheet or pan. Roast for 25-35 minutes (until a fork goes into the squash easily). If you have fresh rosemary on hand, place one sprig under each squash half while they roast. While squash is baking, chop 1-2 onions, 1-2 potatoes, 1-2 carrots, 1 apple and sauté in a soup pot with 2-3 tablespoons olive oil and 1-2 tablespoons butter. Add salt and pepper. Saute 5-10 minutes, until onions are translucent. Add 1-2 quarts vegetable stock (or water and 1 tablespoon miso or boullion). Scoop butternut squash flesh into the soup. Simmer 5 minutes or so—taste and add seasoning as desired. Blend in batches. Return blended soup to pot and serve with toast. Optional: garnish with chopped scallion greens.