

September 28th, 2012

Rain! Amazingly, this is our first rainy harvest this season! That certainly attests to the dry conditions this summer. Even with the cool temperatures and the shorter daylight hours, this week seems to have flown by like every other. This week we took down all of the blighted tomato plants, we seeded more winter rye in now empty beds, we milled sills for the house, we planted our cold frames, and we continued to chip away at the hoop house.

This week we have three new arrivals in the share—sweet dumpling delicata squash, leeks, and mizuna, a Japanese mustard green. Sweet dumpling squash is a delicious winter squash, it can be baked, stir-fried, put in soup, etc.—it’s quite versatile—and the skin is so tender, there’s no need to peel it, just shave off any rough spots after washing and chop it up skin and all! Mizuna is a great hardy green—it can be eaten raw as a spicy salad (like arugula) or sautéed like any other cooking green. If you cook it, just throw it in last, it is so fresh and tender that it will wilt and cook down with just a moment of heat.

* Bleu de Solaize Leeks
* Yukon Gold and Russet Potatoes
* Sweet Dumpling Delicata Squash
* Scarlet Ohno Revival Turnips
* Red and Green Russian Kale
* Japanese Cucumbers
* Sugar Baby Watermelon
* Yaya, Danvers, and Red Dragon Carrots
* Mizuna
* Garlic

Recipe of the Week: Sweet Dumpling Squash with Caramelized Onions

Thinly slice 1 large onion, or 2-3 small- medium onions. (Optional: add 2 cloves minced garlic and/or 2 tablespoons grated ginger in with the onions). Add 2-3 tablespoons olive oil and the onions to a large saucepan and sauté at medium-high heat for a few minutes. Add salt (a large pinch). Wash squash, cut in half and scoop out seeds, slice into bite size pieces (I cut the squash into quarters, then cut ¼ inch thick slices, and chop these slices into smaller pieces). Add squash to saucepan and stir into the onions. Cover and cook for 10-15 minutes, stirring every 5 minutes or so to keep squash form sticking. Uncover and cook for another few minutes—add salt and pepper as desired. Squash should be tender and a tiny bit browned.