



CSA News

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Fall CSA Week 3

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Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- Brussels sprouts: Store them unwashed in their bag in your fridge's veggie bin for 1 to 2 days.
- Carrots, beets, radishes and hakurei turnips: Remove the root from the greens and store separate in plastic bags in the fridge.
- Celery: Recut and stand the stalks in a jar of water in the fridge.
- Ginger and turmeric: Keep baby ginger and turmeric in a closed container in the refrigerator. No need to peel. They freeze well.
- Green beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge.
- Garlic and onions: Leave on your countertop or in your pantry.
- Leafy greens (arugula, kale, spinach, mizuna, tat soi, bok choy, lettuce mix, etc.): Store in your fridge in perforated plastic bags.
- Leeks: Loosely wrap unwashed leeks in a plastic bag, and store them in the crisper drawer of your refrigerator.
- Okra: Keep in a paper bag in the fridge. Wash just before use.
- Peppers: Wrap, unwashed, in a paper towel to absorb any moisture, and keep it in the veggie drawer of your refrigerator.
- Potatoes: Refrigerate in a perforated plastic bag.
- Sweet potatoes and fall squash: Keep on the counter or in a pantry.

Falling for Fall Squash

Over in the CSA Members Facebook Group (have you joined us? [Facebook.com/Groups/ElmwoodStockFarmCSA](https://www.facebook.com/Groups/ElmwoodStockFarmCSA)), we just shared a recipe for using butternut squash purée in place of tomato sauce on a pizza. We tried it, and it's delicious! Fall squash is more versatile than pumpkin pie and soup—though we love pumpkin pie and soup, too. Here we'll share some tips for using this season's squash bounty so you can get as excited as we do when you see squash as an option in your share.

Various Squash in Your Share

First, to recap the types of squash you might see this season:

- Butternut squash: Tan skin and shaped like a peanut. Sweet, dense orange flesh. Lends itself to sweet and savory dishes.
- Acorn squash: Dark green with ribs, shaped like an acorn. Pale-orange or deep yellow flesh. Best in savory recipes.
- Sweet dumpling: These light yellow squash with green stripes. Their sweeter flavor and can be used in sweet or savory meals.
- Delicata squash: Small and oblong with yellow and green coloring. More delicate, with edible skin. Doesn't store as long.
- Spaghetti squash: Pale-yellow flesh that forms spaghetti-like threads when cooked. Stores well.
- Red Kuri Kabocha squash: Primarily used for soup and curry.
- Honeynut squash: Smaller than but most similar to butternut. Very sweet, nutty flavor.

Note that most fall squash is interchangeable for pumpkin and for one another in recipes. One exception is spaghetti squash because of its spaghetti-like flesh. Another exception is delicata squash. Its skin is thin and edible, so recipes calling for eating the entire delicata without peeling shouldn't be subbed with butternut, for example.

Handling Fall Squash

Fall squash are harvested this time of year and keep for months when properly stored. Put yours in a dry, dark place at around 50 degrees F. Make sure they do not freeze. They get sweeter in storage as the starch converts to sugar. Once cut, wrap the cut end in plastic and store the squash in the refrigerator for up to a week.

Before cutting or peeling your squash, give it a rinse.

Do not let the size of some of these squashes intimidate you. All that you need to enjoy your winter squash in myriad ways are a large, sharp knife, a cutting board, a rimmed baking sheet, and a potato masher or a food processor/good blender.

Simple Squash Cooking

The simplest cooking method is to purée the squash. Slice it in half lengthwise, scoop out the seeds, and place it face-down on a baking sheet with 1/2 inch of water. Bake for 30 minutes to an hour, depending on the size and type of squash. You want the shell to be soft. Let the squash cool, and scoop out the flesh with a spoon. (Use a fork with spaghetti squash.) Purée or mash the squash for use in recipes, or stir through some butter, salt and pepper and serve as a side dish.

Another simple means of cooking squash is to roast it in cubes. Slice the squash in half lengthwise, and scoop out the seeds. Peel and cube the flesh. Toss it with olive oil and salt, and roast it on a baking tray for about 30 minutes, stirring halfway through. Use it in your recipe or toss it with additional seasonings and eat it.

Fall Squash Recipe Inspiration

Consider the many sweet and savory ways fall squash can be enjoyed:

In a **curry** with coconut milk, chickpeas and other fall vegetables. Curries are also a good way to use the peas, green beans, okra and other veggies that you froze throughout the summer. Do this with kabocha, acorn and butternut squash.

In a **soup**, either puréed or in cube form. Try adding squash cubes to your chili, making a simple soup from squash purée just by adding chicken stock and ginger, and putting together a hearty vegetable soup with squash cubes and greens. Every fall squash is worth a try here.

In your favorite **baked goods**, sweet and savory. Pie is important, yet don't overlook cheesecakes, muffins, cake and cupcakes, cornbread ... this is a big category. Find some pumpkin baked goods recipes—honeynut and butternut squash make great substitutions.

With **pasta**, including stuffed into ravioli, layered into lasagna, blended into mac and cheese, and cubed and tossed with spaghetti. Each of the fall squash types would fit well in a pasta dish.

On **pizza**, as a sauce (mentioned above) or cubed as a topping.

Stuffed with other deliciousness, particularly for spaghetti, acorn and delicata squash.

On top of **salad**, whether that's a green salad or a panzanella, in cubed and roasted form.

Put by for later. While squash do last a long time, they also freeze well when cubed and frozen raw or roasted and puréed, making it easy to add them to meals as you're ready.

What is your favorite way to eat fall squash? Tell us in the [CSA Member Facebook Group](#), and tag us in your photos on [Instagram](#) and [Facebook](#).

Recipes

Beet “Falafel”

Adapted from Simply Lakita

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| 1 bunch beets | 2 garlic cloves |
| 2 c. cooked chickpeas, drained and rinsed | 1 tsp. red pepper flakes |
| | salt, to taste |

Preheat oven to 400 degrees F. Clean beets, wrap in aluminum foil and roast for about 40 minutes, until tender. Allow to cool, and peel.

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.

Using a food processor, pulse ingredients until into a sticky consistency. Form balls using 1 tablespoon of the mixture. Place on the baking sheet. Bake for 35 to 40 minutes.

Serve on a green salad, alongside quinoa or on a sandwich with a tahini or creamy herb dressing.

Potato-Bok Choy Soup

Adapted from The Food Poet

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| 1 bunch bok choy, leaves and stems separated and sliced | 1 lb. potatoes, peeled and 1/4 inch-sliced |
| 2 T. unsalted butter, divided | 1 tsp. salt |
| 2 T. olive oil, divided | 1/8 tsp. pepper |
| 1 medium onion, diced | 5 c. chicken or veggie stock |
| 1 large carrot, diced | |

Place a heavy-bottomed pot over medium-low heat for 1 minute. Swirl in 1 tablespoon each butter and olive oil. Add the onion, and stir to coat. Sauté until transparent, about 4-5 minutes. Add in the remaining tablespoon of butter and olive oil, carrot, potatoes, salt and pepper. Stir to coat. Cook for 5 minutes. Pour in stock and bok choy stems (not leaves). Bring to a boil, then lower heat to simmer. Cover and cook for about 20 minutes, until potatoes are fork tender. Blend half of the soup until smooth. Pour the puréed soup back into the pot, and stir to combine with the remaining soup. Add bok choy leaves, and cook for another 4 minutes.

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