



The blood of the beet summons the thought of a million workers who toiled to build my empire.

- Uncle Dennis

The Broadcaster  
Week 15– September 8<sup>th</sup> 2016

### *In Your Box*

Potatoes  
Cherry, saladette, or beefsteak  
Tomatoes  
Yellow Storage Onions  
Green/purple Cauliflower or  
Broccoli  
Thyme  
Beets with their greens  
Sweet corn - full shares  
Celery – full shares  
Sweet corn or celery Half Shares  
Tomatillos  
Garlic  
Sweet peppers – green, red,  
orange, brown or yellow  
Delicata Squash – like an acorn.  
See the backside for squash into

### *Important Reminders*

- ✓ U-pick tomatoes are done for anyone who has not made an appointment, but bushels of romas will be for sale at the Saturday Wausau farmers market. We will likely till tomatoes in next week as they are experiencing a lot of rot ☹
- ✓ Our last farm event, “The Pumpkin Pick, Pizza and Pie” takes place Saturday, October 1<sup>st</sup> from 2-5 pm pick a pumpkin eat some pie, pizza and apple cider

### *News from the Farm*

September is the best month to eat local in Wisconsin. In our first newsletter of the year we called it “Everything season”. The summer crops are at their peak and the fall crops are arriving in full force. This week’s box represents the season. Sweet corn and winter squash, potatoes and tomatillos; We can have it all! The wet weather and humidity has created a lot of disease in our tomatoes so upick has ended. We also tilled in corn this past week as we put in a lot of important cover crops for the fall. If you would like to glean snap beans this weekend we have a bed of mixed types that can be picked (call etc to set up a time). In other news due to an old injury and the hard fall farm work, Hava is now just working on pizza night. She will be around the farm doing some herb work but is moving onto new wonderful things in Wausau this fall.

We are featured tonight on a Wisconsin Public Television documentary called “Wisconsin’s Homegrown Farmers” which explores the changing face of agriculture through the stories of three Wisconsin farm families. Explore how Wisconsin farmers are collaborating with university specialists, the challenges these families face and how they’re adjusting to modern farming. This was shot over a couple of weeks in the spring and provides a very general story of our farm in the context of Wisconsin agriculture and research. Tune in 7:30 Tonight.

Have a delicious week – Kat, Tony, Ted, Riley and Maple

Next Week’s Best Guess: tomatoes, garlic, lettuce, peppers, leeks, cabbage or cauliflower, potatoes, spaghetti squash, oregano or dill, broccoli leaf

Pizzas of the week- Sausage Mushrooms, peppers and onions; Veggie: sweet peppers, onions, broc , basil pesto; Tomato, fresh mozz, bacon, basil garlic pesto.

### *Recipes from Kat’s Kitchen*

Summer Vegetable Stir-Fry: Bon Appétit. Serves 4. **INGREDIENTS:** 3 cups mixed tender herbs (such as basil, Thai basil, mint, cilantro, tarragon, and celery leaves), divided, ½ c thinly sliced scallions, divided, 1 ½-inch piece peeled ginger, sliced, 1 garlic clove, 7 TBSP vegetable oil, divided, 2 TBSP unseasoned rice vinegar, 2 TBSP sesame seeds, salt and pepper, 2 cups cooked, cooled wheat berries, farro, or brown rice, 4 cups chopped mixed 4 cups chopped mixed summer vegetables (such as bell peppers, eggplant, chiles, zucchini, summer squash, carrots, celery, radishes, and cherry tomatoes). **PREPARATION:** Combine 2 cups herbs, ¼ cup scallions, and garlic in a food processor or blender. Pulse to chop ingredients. Add 4 Tbsp. oil, vinegar, and ¼ cup water and process until a coarse purée forms. Transfer herb sauce to a bowl and stir in sesame seeds. Season to taste with salt and pepper. Heat 1 Tbsp. oil in large heavy skillet over medium-high heat until oil just begins to smoke. Add remaining ¼ cup scallions and wheat berries. Stir-fry until wheat berries are golden brown and slightly crunchy, wheat berries are golden brown and slightly crunchy, about 3 minutes. Season with salt and pepper. Divide wheat berries among bowls. Return skillet to medium-high heat and add remaining 2 Tbsp. oil. Add vegetables, season with salt and pepper, and stir-fry until brightly colored and crisp-tender, about 4 minutes. Add remaining 1 cup herbs and toss to combine. Divide vegetables over wheat berries. Drizzle with herb sauce.

Basic Thyme Potatoes – 1-2 lbs potatoes, 1 Tbs oil per lb of potatoes, course salt, 2 tsp fresh thyme, fresh ground pepper. Cute potatoes into medium chunks. Toss with oil, salt pepper and herbs. Roast on a sheet spread out thinly at 400 for about 25-40 minutes until crisp on the edges tossing or stirring once. Serve with spicy mayo or herb mayo (mix 5 tbs mayo with 1 clove garlic, 1 tsp fresh herb or celery tops).

## Winter Squash Guide 2016

Over the next month and a half you will enjoy a lot of winter squash in your box. Keep this guide as a reference to what squash are in your box. Keep in mind we NEVER give you gourds or decorative squash. That means all squash and pumpkins are for eating and many of them last a longtime so you can use them right away or keep them into the fall. Squash are best stored between 50-60 degrees in a darker and drier place. They do not like humid basements (because they mold). The squash you will receive the last 3 weeks of the CSA will all be cured so they will store the best. If you only want to use part of a squash for a meal, make sure to remove seeds and store the rest covered or wrapped in plastic in the refrigerator.

**Pepo Family-** This family is the most diverse in terms of colors and texture. They tend to have a thinner skin, hard narrower stems, and wetter flesh. These include Acorn squash (dark green or light white varieties); Carnival and sugar dumpling (a bit more flattened acorn shapes with white and green stripes or white, green and orange stripes); all pie pumpkins (see listing below), and Delicata (tube shaped and ribbed like an acorn). All these varieties other than pumpkins are great roasted and all have great roasting seeds. Delicata are great cut into rounds and cooked with a little bit of butter and maple syrup and they have thin skins you can eat! All of the summer squash like zucchini also belong to this family. Spaghetti squash are also part of the family. They are white to bright yellow (sometimes with light green stripes) and are best roasted or steamed and then scooped out. The flesh can be used in place of pasta as the name implies. We love these as a side dish mixed with salt, fresh black pepper, a little cream or grated cheese.

**Pumpkins-** all pumpkins are edible but many are not great in terms of flavor or texture. We grow several pie pumpkins including New England Pie which is smooth skinned, long pie which is a cylindrical big pie squash, and winter luxury (a lightly netted skin and lighter color). All make great pies, sauces, soups or just pureed squash. Pumpkin tends to have a squashier more intense flavor and slightly stringier flesh than other squash types— winter luxury are our favorites but they make a lot of pulp so prepare to make 4 pies, lots of soup or to freeze half of what you cook. To make pumpkin pie type filling roast pumpkins with seeds removed cut side down on a roasting pan with some water to keep them from burning – cook at 350-400 for 30-60 minutes (depending on size). Cool and scoop out. Puree in a food processor or use an immersion blender to smooth out any stringiness.

**Maxima Family –** These are the dry fleshed squash also known as hubbard family. They have a thicker skin, drier and sweeter flesh. The most common type of maxima squash are buttercups which look like dark green cups topped with wine corks. Other types you will see in the boxes are red kuri (tear drop shaped orange red with red flesh) and Winter Sweet (slate blue and flatter and circular). These store very well! These are Kat's favorites and our kids will eat them by the spoonful as they cool on the table. These are the best for curry dishes and other creamy soups. They are great in chunks roasted. All of them have a characteristic wine cork/button like stem. The seeds in these are less fun to roast and eat because they are much more fibrous.

**Moshata family-** when you want “pie pumpkin” reach for the moshata. Canned pumpkin is actually not a “pumpkin” as you think but rather canned butternut or other moshata flesh. This squash tends to be sweet, a bright orange-light brown, and to have green striped brown or just brown skin. Butternuts are the best known moshatas and you may have a couple with green or yellow stripes since we are doing a few trials with UW Madison. Butternuts stand up to cooking well and do well as chunks. Much of the reason people love butternut is because of the small seed cavity which means more flesh and bigger chunks of flesh to cut up.

**All winter squash is easy to prepare –** pepo types are best cut into slices although moschata types are fine this way as well. We love slices of carnival or delicata squash with seeds removed baked with a bit of butter at 350-400 degrees. For mashed squash all types can be used but hubbards are probably the best. Cut in half, remove seeds, bake cut side down until the squash softens and then scoop out. This is the same method to use for extracting pumpkin flesh for pies as well. **pumpkin” seeds** can be made from any squash but are best from pepo types including pie pumpkins.

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