Plowshares & Prairie Farm
Eat healthy. Tread lightly.

Box contents

Small share:
1.5# Red Norland potatoes
1 lg. King Richard leek
1 red bell pepper
2 green bell peppers
1 Falcon eggplant
1 bunch basil
1 Cortland onion
½ # green beans
1 Delicata squash
1 Imperial Star artichoke
Late summer tomato medley
1 head German Red garlic
1 watermelon (crimson sweet or sugar baby – we'll switch and give you the other next week)
1 Rocky Ford muskmelon

Regular share additional items:
1 bunch collard greens
1 Patty pan squash
1 Green finger cucumber
1 head cabbage
Extra artichoke

Farm News

We're starting to feel the change of seasons at the farm, and are busy preserving as much of the summer crop as we can while tending to the fall crops and preparing for cooler temperatures. The variety of veggies we'll have for you in the next several weeks largely depends on when we get our first frost. We had a couple close calls in the last week. Though the forecast predicted lows in the low 40s, our field is in a river bottom which tends to get cooler than surrounding areas, and we did have a little patchy frost. We covered our beans, winter squash, and some seedlings the second night we had a low temperature forecast, just to be safe. Frost will mark the end of tomatoes, beans, peppers, and squash. Members of the brassica family (such as broccoli, Brussels sprout, cabbage, and kale), however, are more cold tolerant and a little frost can actually make them sweeter. We enjoyed the potato and leek soup (see recipe at right) for dinner last night. We're also glad delicata squash is finally ready – we love baking it in rings that caramelize, which are "better than candy" according to the article where we got this recipe a couple years back. We're grateful for all the recent rain, but we harvested our veggies wet today so they may need a little rinse to remove any lingering mud.

Recipes & Storage Tips

Pureed Potato Soup with Leeks
2 T butter or extra virgin olive oil
3 med. potatoes, peeled and cut into small cubes
3 leeks, white and light green parts only, well washed and sliced into thin rings (the large leek in this week's box will work)
Salt and freshly ground black pepper
1 quart vegetable stock or water
Put the butter or oil in a large saucepan or casserole over medium heat. When the butter melts or oil is hot, add the vegetables, salt and pepper, and cook, stirring, for 2-3 min. Add the stock and cook until vegetables are very tender, ~20 min. Puree the soup in a blender (or with an immersion blender); return it to the pot. Stir in ½ to 1 cup cream, sour cream, or yogurt and reheat gently; do not let it boil if you use yogurt. Add salt and pepper as needed, garnish with minced chives (optional), and serve. (Recipe from How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food by Mark Bittman.)

Delicata Squash Rings
1 delicata squash   Olive oil   Salt & pepper
Preheat oven to 400°F. Scrub squash, cut off ends, and cut into ½-inch rounds. Using a paring knife, cut out a center circle containing the seeds in each round to create rings. Lightly coat both sides of rings in olive oil on a pan, and season with salt and pepper. Bake for approx. 40 minutes, flipping half way through. (Original source here.)

Tips: *Watermelon:* Stored at room temperature for 1-2 weeks, but once cut into, cover exposed edge with plastic wrap (or cube and keep in a container) and refrigerate. Simply cube and eat, or make refresco de melon (a chunky watermelon juice) by putting cubes in a pitcher, adding sugar to taste, and mashing with a wooden spoon. *Delicata squash:* Will store for 4-5 days at room temperature, or 40-45°F for 1-2 weeks. *Leeks*: Refrigerate unwashed for up to 2 weeks. To prepare, remove green tops to within 2 inches of the white section. Eat raw or in salads, steam, sauté with other veggies, or use in soups, casseroles, egg dishes, mashed potatoes, etc. *Collard greens:* Store in hydrator drawer for up to a week. See our collard greens page for cooking tips.