



### Box contents

#### Small share:

- 1 delicata squash
  - 1 ½ lb. Magic Molly (purple) potatoes
  - 1 lb. Dragon carrots
  - Green zebra tomatoes
  - 2 red onions
  - 1 yellow onion
  - 2 shallots
  - 1 green bell pepper
  - 1 med. eggplant (or 2 small)
  - 1 Baby Boo (decorative) pumpkin
  - 1 bag lettuce mix (Thurs. only this week)
  - 1 watermelon (Tues. small share only)
- (Next up...radishes, kale/collard greens)

#### Regular share additional items:

- Pea shoots
- Lettuce head
- Extra 1 lb. potatoes

### Farm News

There were a few nights over the past week where the forecast predicted temperatures in the high 30s, which means patchy frost is possible in our field that lies in a valley. To be on the safe side, we did some spot covering on those nights, and appear to have successfully staved off the frost, at least for now. When we do get a hard frost, it will be the end of the heat-loving crops like tomatoes, eggplant, beans, peppers, and squash. On the other hand, many vegetables can handle the cooler temperatures and are even known to get a bit sweeter after a light frost (kale, Brussels sprouts, parsnips, etc.). Our cooler season crops are growing well in the field now, and we'll plan to finish out the season with more winter squash, carrots, parsnip, beets, sweet potatoes, leeks, lettuce, spinach, and more. In honor of the fall-like temperatures, we thought we'd share a little Baby Boo pumpkin to get folks in the mood for autumn. Delicata is among our favorite winter squash varieties, and when we have an abundant supply we tend to eat them as sweet, caramelized rings (see recipe, opposite) a couple times a week. We grew two varieties of dry beans for this first time this year, and we picked the plants over the weekend to dry more. We'll see how much work it is to shake the beans out of the pods, and decide if we want to continue growing them in future years.

### Recipes & Storage Tips

#### 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.

#### Maple Glazed Carrots with Shallots

*1 lb. carrots, cut into 2-inch chunks*

*1 T. butter*

*½ cup shallots, thinly sliced*

*2 T. maple syrup*

*¼ tsp. salt*

*1/8 tsp. white pepper*

Put carrots in a saucepan and cover in water. Bring to a boil, reduce heat, and simmer until tender (about 8-10 minutes). Drain and set aside. In the same pan, melt butter over medium-high heat. Add shallots and cook while stirring for 3-4 minutes until they begin to brown. Add carrots, syrup, salt and pepper, and cook while stirring for 1-2 minutes until carrots are coated and heated through.

#### Pea Shoots with Garlic and Ginger

*½ T. olive oil*

*1 T. grated fresh ginger*

*1 clove garlic, diced*

*½ lb. pea shoots, rinsed, dried, cut into 2-in. lengths*

*1 tsp. soy sauce*

*¼ tsp. pepper*

*1 T. sesame seeds, lightly toasted*

Heat olive oil over medium-low heat in a skillet. Add ginger and garlic, and cook for 3-4 minutes, stirring occasionally. Add pea shoots, increase heat to medium, cover pan, and cook for 1 minute. Remove from heat, add soy sauce, pepper, and sesame seeds; serve immediately.

**Tips:** *Delicata squash:* Will store for 4-5 days at room temperature, or for 1-2 weeks at 40-45°F. *Pea shoots:* They taste just like peas! Refrigerate and eat within a few days. Eat raw, as a salad base, or sautéed (such as in the recipe, above).