



### Box contents

#### Small share:

½ lb. lettuce mix  
1 bunch Celeste radishes  
1 butternut squash  
1 cayenne pepper  
1 red onion  
2 shallots  
1 bunch kale OR collards (Tues.: kale; Thurs. collards)  
1 green bell pepper  
1 lb. All Red potatoes  
½ lb. green & yellow wax beans  
½ lb. Dragon tongue beans  
1 bunch red beets  
1/3 lb. spinach (Tues. this week only; Thurs. next week)  
Decorative gourd(s)  
(Next up...acorn squash, dill, potatoes)

**Regular share  
additional items:**  
1 watermelon  
Late season  
tomatoes

### Farm News

It has been another gorgeous week at the farm. If only we could have had some more of this heat in the summer! We're starting to see more signs of fall. Our silver maples, though less dramatic than sugar maples, are just starting to get some yellow leaves, and the Virginia Creeper on the chicken coop wall is a stunning shade of red. We hear (and sometimes see) pheasants out in the field munching on the many grasshoppers that are out now. We continue to harvest and cure winter squash, and are excited to eat lots of it roasted and in soups over the coming months. (Stored properly, thicker skinned winter squash will keep quite well, so if you don't have time to cook it now, you can hold on to it for a while.) We're also enjoying having some fresh salads again with the return of lettuce mix, spinach, and radishes. Some other fall brassicas continue to grow nicely in the field, including kohlrabi which we plan to put in the box in the next couple weeks. As a reminder, let us know if you'd like to place an order for more of the honey harvested on our farm and we can coordinate with the beekeeper. We also hope to see many of you at our fall farm event on 10/19 – thanks to those who have RSVP'd already!

### Recipes & Storage Tips

#### Butternut Squash Soup

6 T. chopped onion      4 T. butter  
6 cups peeled and cubed butternut squash  
3 cups water      4 cubes chicken bouillon  
½ tsp. dried marjoram      ¼ tsp. ground black pepper  
1/8 tsp. ground cayenne pepper  
1 (8oz) pkg. cream cheese

In a large saucepan, sauté onions in butter until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil. Cook for 20 minutes, or until squash is tender. Puree squash and cream cheese in a blender or food processor in batches until smooth (alternatively, use an immersion blender). Return to saucepan, and heat through. Do not allow to boil.

#### Cumin & Parmesan Roasted Squash Seeds

*Seeds from one squash*  
1 T. olive oil      ½ tsp. ground cumin  
Salt and pepper to taste      2 T. grated Parmesan  
Preheat oven to 350°F. Remove any large pieces of squash from the seeds and place the seeds in a bowl. Toss with the olive oil, cumin, and salt and pepper. Spread the seeds evenly over a baking sheet. Bake for 20-30 minutes or until the seeds are golden brown. Check and stir frequently. When the seeds are done, remove them from the oven and allow to cool slightly. Transfer to a large bowl and toss with the grated Parmesan.

#### Dragon Bean Salad with Balsamic Vinaigrette

½ lb. Dragon tongue beans  
¼ cup shallots, thinly sliced      1 T. balsamic vinegar  
1 T. olive oil      Salt and pepper, to taste  
Mix balsamic, olive oil, shallot, salt and pepper in a bowl. Pour over beans and toss to coat. Cover and refrigerate for 1 hour or up to 3 hours before ready to serve. Serve chilled or at room temperature.

**Tips:** *Butternut squash:* Stores at room temp. for up to a month, or in a cool (50-55°F), dry place for several months. Great roasted, pureed, or in soups (see above). *Radishes:* Remove green tops and store radishes for up to 2 weeks in the fridge and keep moist (they keep well in a small container of water or wet paper towel).