



Box contents

Small share:

1 delicata squash
1 spaghetti squash
1 ½ lb. Magic Molly purple potatoes
1 pint shishito peppers
1 watermelon – Hildale & farm pick-up this week
(next week Vilas & Fitchburg)
2 jalapeños
1 red bell pepper
1 green bell pepper
Tomato medley
1 head garlic
1 head broccoli
1 onion
1 shallot
(Next up...cabbage, carrots, potatoes, leeks)

Regular share additional items:

¾ lb. Dragon tongue
beans
1 head cauliflower
1 bunch collard greens

Farm News

We're starting to transition into fall with the appearance of some winter squash. Winter squash tends to get sweeter as it cures, so if you don't have time to get to the delicata or spaghetti squash right away, it will still be good (and possibly even better) if stored for a while (see storage tips at right). I've included our favorite recipes for these two types of squash – the rings are a great side and the "squacos" (as Scott calls them) make a hearty and tasty main dish. As a reminder, if you can't get to all of your produce in a given week, you can prioritize the more perishable items, store the items that hold longer, and pretty easily freeze many veggies/fruits. For instance, the garlic, onion, shallots, and potatoes can last for months if properly stored. Bell peppers can be chopped up and frozen (no blanching necessary). We want to get a **save the date** out for our **end of season fall gathering on Saturday, October 17 from 2-5pm**. We know the summer is a busy time for folks so wanted to give another chance for our CSA members to visit the farm. We will plan to have some hot cider and pumpkin snacks, will do a farm tour for those interested, and will have some carving pumpkins for you to take home. Please RSVP to Chelsea so we get an idea of numbers. Thanks!

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.

Spaghetti Squash & Black Bean Tacos

1 spaghetti squash

2 T. lime juice

1 tsp. chili powder

½ tsp. cumin

½ tsp. coriander

½ tsp. coarse salt

16 6-in. corn tortillas

15-oz can black beans, rinsed and drained

4 oz. queso fresco, feta, or Cotija cheese

¼ cup diced onion

¼ cup chopped cilantro or parsley leaves

Cut squash in half lengthwise, scoop out seeds, and roast (halves facedown) in an oiled baking sheet for 40 minutes at 375°F. Let cool slightly, and scrape squash flesh with fork, loosening strands as you remove it from the skin. Discard skin. Mix lime juice and spices in a small bowl, pour over squash, and toss. Heat a dry skillet to med.-high heat, and warm/slightly blister each tortilla (~30 sec./side). On a plate, place tortilla, 2 T. black beans, 2 T. squash mixture, 2 tsp. cheese, and a couple pinches onion and cilantro. Optional: add hot sauce to taste.

Tips: *Delicata squash:* Will store for 4-5 days at room temperature, or for 1-2 weeks at 40-45°F.

Spaghetti squash: Like other winter squash, stores at room temperature for up to a month, or in a cool (50-55°F), dry place for longer. Roast & scrape out flesh to serve like pasta. *Watermelon:* Store at room temperature or refrigerated. Cut into slices or chunks and eat fresh! Alternatively, mash with a bit of sugar and ice for a refreshing drink. We grow both red and yellow-fleshed watermelons – enjoy!