



### Box contents

#### Small share:

2 delicata squash  
1 head broccoli (Tues.) OR 1 bunch Chioggia beets  
(Thurs.) –next week switch)  
2 lb. Oneida Gold potatoes  
Tomato medley  
1 Carmen pepper  
2 jalapeños  
2 leeks  
1 bunch radishes  
1 head garlic  
1 shallot  
1 bunch parsley  
(Next up...potatoes, onions, beets/broccoli,  
rutabagas?)

<b>Regular share additional items:</b> 1 watermelon 1 or 2 sm. eggplant 1 yellow bell pepper
---

### Farm News

It's officially fall! The leaves are starting to change and mornings are crisp enough to warrant a fleece. Our fall brassicas have been growing beautifully (despite our resident deer's best attempts to eat them) and we have the first of the broccoli to share this week, with more to come shortly. Rutabagas are also not far behind, which we love roasted. We're also rotating in Chioggia beets this week or next, which have concentric white and pink circles when you slice them and make beautiful chips, raw salad additions, or a colorful roasted salad. Reports of frost and snow are coming in from friends around the country – in New York, Colorado, and the Sierra Nevada – so we're feeling grateful that we still have a little more time with our tomatoes and peppers. We have a confession to make – we have never actually cooked a delicata squash in any other way than rings (see recipe at right). It's the first way we ever made it, and it's so delicious that we figured why bother trying anything else? As a reminder, the CSA runs for 20 weeks, so we still have a few weeks to go in October. Our fall farm visit is scheduled for Saturday, October 15 so remember to mark your calendars! We're hoping some folks who had busy summer schedules and couldn't make it down for the summer potluck can join us for some mulled cider and pumpkin treats.

### Recipes & Storage Tips

#### Delicata Squash Rings

2 *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.

#### Roasted Radish & Potato Salad

2 *medium potatoes, cut into bite-sized chunks*  
1 *bunch radishes*  
*Olive oil*

*Salt and pepper, to taste*  
*½ tsp. mustard seeds*  
*½ tsp. cumin seeds (or substitute ground)*  
2 *T. yogurt*  
2 *T. shallot, diced*                      2 *T. lemon juice*  
*½ tsp. salt*                                      *½ tsp. sugar*

Preheat oven to 400°F. Mix lemon juice with ½ tsp. salt and sugar in a small bowl until dissolved; set aside. In a bowl, combine potatoes with a splash of olive oil, salt and pepper, and toss to coat. Roast on a baking sheet for 10 minutes. Meanwhile, halve and slice radishes into wedges. Toss radishes in olive oil, salt and pepper, and toss to coat. After potatoes have roasted for 10 minutes, move to one side of the pan and add radishes. Roast for another 10-12 minutes until tender, shaking pan halfway through. Meanwhile, in a skillet over medium heat, heat 1 tsp. olive oil. Add mustard seeds and cumin and cook for 1 minute, until fragrant. Remove pan from heat. Remove potatoes/radishes from oven and let cool. Transfer to a bowl, and add yogurt, mustard/cumin mixture, shallots, and lemon juice mixture. Refrigerate for an hour prior to serving.

**Tips:** *Delicata squash:* Will store for 4-5 days at room temperature, or for 1-2 weeks at 40-45°F.  
*Broccoli:* Store in the hydrator drawer of the refrigerator. See our [broccoli page](#) for some tips and simple recipes.