

# CSA Newsletter



**Week 17:  
9/26/17 & 9/28/17**

## Box contents

### **Small share:**

Large tomato medley  
2 colored bell peppers  
½ lb. green beans  
Shishito (Tues.) or  
banana peppers  
(Thurs.)  
1 bunch parsley  
1 head lettuce  
1 acorn squash  
2 delicata squash  
1 or 2 small eggplant  
1 cantaloupe  
1 yellow onion  
½ pint raspberries (if haven't received them yet,  
except GHC will get next week)  
(Next up...potatoes, winter squash, collards, beets)

### **Regular share additional items:**

1/3 lb. Brussels sprouts  
1/3 lb. bag arugula  
Extra acorn squash

## Farm News

We're welcoming fall at the farm as we transition from a stretch of hot weather to some more comfortable days. It is certainly more pleasant to haul several hundred pounds of squash out of the field when it's not 90 degrees! We managed to sneak in a little break one day last weekend to swim and canoe in the Wisconsin River.

As the days grow shorter, some CSA members might be wondering how much longer the deliveries go. Our CSA runs for 20 weeks, so we have four weeks left in the CSA (including this week), and the last deliveries of the season are on October 17 and 19. We also wanted to remind everyone about our fall cider event at the farm. It will be on Saturday, October 14, 2-5pm. We will plan to have some hot cider and seasonal snacks, and will lead a farm tour (produce fields, wetland, prairie, bee hives, renovated barn, chicken coop, etc.) for those interested. We know the summer event can be challenging to attend since it falls during a busy time of year, but we hope many of you are able to make it down to see the farm and celebrate the end of the season. Please email Chelsea (chelsea@plowsharesandprairie.com) to RSVP if you can make it. Thanks!

## Recipes & Storage Tips

### **Squash, Brussels Sprout, and Sausage Pizza**

*¾ lb. pizza dough*

*2 large tomatoes, coarsely pureed in a food processor (about ¾ cup)*

*12 1/8-in.-thick rounds delicata squash, seeded*

*6 Brussels sprouts, halved* *Olive oil*

*12 thin slices dry salami* *Salt*

Preheat oven to 475°F. Form dough in a 9"x13" rimmed baking sheet. Spread tomato sauce evenly over dough. Toss squash and brussels sprouts with oil in a bowl. Arrange squash in 4 rows of 3. Place a salami slice in center of each squash round, then top with a Brussels sprout half. Sprinkle with salt. Bake for ~24 min. until cooked through and crust is golden. Slice and serve.

### **Ginger-Cardamom Baked Acorn Squash**

*1 acorn squash* *Juice of ½ lemon*

*1 ½ tsp. olive oil* *1 tsp. honey*

*1 tsp. ginger powder* *¼ tsp. turmeric*

*¼ tsp. cardamom* *2 T. slivered almond*

Preheat oven to 350°F. Slice squash in half and scoop out seeds. Place in a baking dish, cut side up, and cover the bottom of the dish with ½ inch of water. Mix lemon juice, olive oil, honey, ginger, turmeric, and cardamom in a dish. Drizzle over the squash halves. Sprinkle with slivered almonds. Bake in over until squash is golden and tender, about 45 minutes.

**Tips:** *Brussels sprouts:* Store refrigerated in a plastic bag for up to a week. Cut off the tough bottom of the sprout stem and remove any damaged outer leaves. Brussels sprouts can be boiled or steamed for 5-8 minutes, and then tossed with olive oil, lemon juice, and salt and pepper. They are great additions to salads, soups and stews, and sautés.

*Delicata squash:* Will store for 4-5 days at room temperature, or for 1-2 weeks at 40-45°F. For a simple but delicious option, try [baked delicata rings](#).

*Acorn squash:* Store at room temp. for up to a month, or in a cool (50-55°F), dry place for several months. Eat roasted, stuffed, or in soups. You can also roast winter squash seeds (see [winter squash](#) page).