

CSA Newsletter



Week 17:
9/25/18 & 9/27/18

Box contents

Small share:

1 ½ lb. All Red potatoes
Tomato medley
1 spaghetti squash
1 delicata squash
1 red onion
1/3 lb. lettuce mix
1 bag shishito peppers
4 red/yellow bell/frying peppers
1 bunch watermelon radishes
1 bunch cilantro
1 bunch Chioggia beets – this week or next
Melons – finishing rotating in
(**Next up...**red kuri squash, peppers, tomatoes)

Regular share additional items:

4 Brussels sprouts tops
Extra delicata squash
½ pint raspberries
(rotating them in)

Farm News

We're excited to share some personal news this week – we're expecting our first child this winter! Chelsea is due February 28, which is actually pretty good timing for us on the farm. Feeling sick and tired first trimester wasn't the most fun during the busiest part of the season, but then there's never a great time for that. Second trimester has been much better, and since there aren't any weight restrictions yet finishing up harvesting winter squash and moving around heavier end-of-season boxes shouldn't be a problem. With the recent heat spell (maybe the last for the season as we settle into fall?), our peppers are quickly maturing so we're sharing the abundance of this week. If you can't use them all now, they are easy to freeze (no blanching or cooking required). Just dice them, throw them in a bag, and toss in the freezer. Tomatoes however are slowing down so you'll notice the medleys are getting smaller each week. But taking their place are more winter squash – this week we're adding spaghetti squash in addition to delicata. Next week we'll have kuri squash, and after that we'll also have butternut squash, acorn squash, and pie pumpkins. As a reminder, the last CSA delivery will be on Oct. 16/18. As in past years, we'll plan to offer some end of season add-ons if folks want to extend the season – more on that next week...

Recipes & Storage Tips

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 chopped cilantro
¼ cup diced onion

Watermelon radish slices

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, radishes, and a couple pinches onion and cilantro. Optional: add hot sauce to taste.

Roasted Squash Seeds

Seeds from spaghetti or other squash

Spices, to taste

Don't forget you can enjoy the squash seeds too! Preheat oven to 375°F (or cook with squash). Separate from squash flesh. Spread out in a single layer on a baking sheet. Drizzle with olive oil and whatever spices sound good. In addition to salt and pepper, great spices to try are cumin, garlic powder, paprika, chili powder, or a favorite spice blend. Bake for 7-10 minutes, tossing halfway through.

Tips: *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. See our [winter squash page](#) for more tips and recipes. *Watermelon radishes:* Like regular radishes, just prettier.

Brussels sprouts tops: Cook like you would collard greens or kale. Sauté with onions and garlic (and bacon), steam, or add to soups.