

High Meadow Farm CSA

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Week 17

October 4, 2011

In this week's box:

Butternut squash
Gourds (for decoration)
Green onions
Kohlrabi

Mustard greens
Sugar pumpkins
Sweet peppers
Tomatoes

Bread-another surprise! ('Cuz I don't know yet!)

I hope that everyone that ventured out had fun in the Pumpkin Patch! Some endured rain, wind, mud and finally a perfect fall day to find their perfect Jack-o-lantern! I think there may still be a few left after **today's pumpkin delivery**. If you have more kids than pumpkins or if you changed your mind, let us know!

Sugar Pumpkins; aka pie pumpkins are not only adorably decorative, but also delicious! While you can cook all pumpkins, the sugars are the creamiest and the sweetest. They will store for several weeks in a cool location if you want to bake later, or you can cook them down now and use them or freeze the puree. Once you have pureed them, you have the base for delicious breads, cookies, muffins or PUMPKIN PIE! Most pumpkin recipes call for 2 cups (or 1 can) so I try to freeze it in zip-lock bags in 2 cup portions.

The easiest ways to cook them are either to bake or steam them, I usually choose the later. To cook:

Cut pumpkin in half (stem –bottom), scoop out the membrane and seeds (save the seeds for roasting!) and cut the halves in half. I have a steamer insert that I set in a Dutch oven with about 1" water, layer the pumpkin in the kettle and steam over medium heat until it is fork tender (about 20-30 minutes). Let cool a bit and scoop pulp out of shell. Puree in blender or with a hand blender. Measure and use or freeze.

Pumpkin seeds are another bonus of the sugar pumpkins. There are lots of them and they are yummy! Wash the scooped out seeds and let dry or pat dry on a towel for a little while, then lay them in a shallow baking pan. Toss them with a little oil until they are barely coated. Sprinkle with salt. Bake at 275 for about 20-30 minutes, stirring every 5 minutes until they are lightly browned and crispy. Enjoy!

**Seeds from any pumpkin will work- some people like roasted squash seeds, too!

There are more pumpkin recipes on the blog, including Pumpkin Cake and Pumpkin Cookies. If you want to hang on to your pumpkins until next week you can make Pumpkin-filled Ravioli in Herbed Cream Sauce from Vegetarian Times Cookbook, that calls for **sweet potatoes** that we will be digging this week.

These are usually hand-dug here. If you have a strong back, like to dig, are available this week and want to know where sweet potatoes spend their days, give us a call!

Gigantic Kohlrabi

this week! It suits the variety name: 'Gigante'. These hefty bulbs are sweet and tender inside. As we tested them yesterday, we have enjoyed them raw and in a bacon cream sauce with chopped kale over pasta. To cut into one of these giants, just cut the whole thing in half and then into smaller sections. Easily then cut away the thick, green peel and slice, cube or shred & use according to your recipe, or just eat the slices raw! Any extra can be stored in a plastic bag in the crisper drawer for a long time.

There are several great-sounding recipes in the Asparagus to Zucchini Cookbook, including the simple idea for Kohlrabi sandwiches. This is one that I do enjoy- kohlrabi slices on rye bread or whole grain bread with a little butter or mayo. You can also shred it and add it to ingredients for a roll-up. One of my children's favorite lunches when they were young, was kohlrabi chopped in a food processor with other chop-able ingredients like broccoli, cabbage, cauliflower, carrots, etc. Add a little mayo or creamy salad dressing of their choice and rolled up on a whole wheat tortilla. You can add a little shredded cheese if you like, too.

Sautéed Kohlrabi

2-3 cups kohlrabi, grated

4 Tbs. butter or light oil

1 med. onion or sliced green onions

1 Tbs. fresh or dried herbs if desired

1 tsp salt

Put grated kohlrabi in a colander and sprinkle with salt. Let stand 30 minutes to drain. Heat butter over medium heat, add onions, and sauté a few minutes. Stir in kohlrabi, reduce heat to low, cover and cook 10 minutes. Increase heat to medium and cook 2 more minutes. Remove from heat and stir in herbs. 2-4 servings.

** I still have a few Asparagus to Zucchini cookbooks available. They are \$15.00 each.

Mustard Greens

The greens in your box this week are my favorite mustard green of many that I have grown. Mustard greens often have a strong "bite" and mustard flavor. These are mild and tender. We had them on quesadillas for lunch yesterday, adding them before cooking. They are also great served as a fresh salad with your favorite dressing.

I love sautéed mustard greens. Try sautéing some garlic in 1 tsp olive oil then adding coarsely chopped mustard greens, stems and all and seasoning with a dash or 2 of salt and a few dashes of sesame oil. (I prefer hot sesame oil). Or try sautéing sliced green onions, perhaps some thinly sliced kohlrabi and mustard greens.

Butternut Squash is a wonderful winter squash.

It is the tan, hard squash in your box. Butternut squash will keep for most of the winter in a cool, dry area out of the sunlight. The closer to 55, the better.

Butternut is easy to peel, cube and cook or it can be cooked in the oven, upside down in a pan of water. Only the bottom part (the round part) has the seeds in it. Squash Curry Soup recipe is on the blog- another favorite.

These **tender carrots** are 'Sugar Snax'. The name says it all! They are very sweet for snacking or cooking.

The **tomatoes** sure held out for a long time, but that last frost did them in. This will be the last delivery of tomatoes. (Some in your box may be under-ripe.)

We will be taking them down soon, but there are still a few nice tomatoes that could be picked to ripen on your counter and lots of green ones if you like Fried Green Tomatoes. Give us a call or email if you'd like to come and pick through what's left before we take them down.

Facebook is a great place to share recipes if you have any to share or are looking for new ones. Check us out on Facebook, or check out the blog!