

North Creek Community Farm

Newsletter

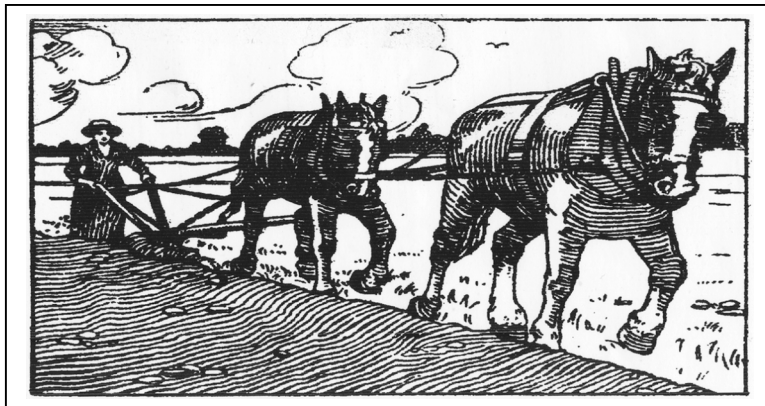
Thursday, September 9, 2010

Week Fourteen

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Winter Squash Time!

There is a bewildering variety of squashes. Most of them can be used and treated the same way. When first harvested, they are not as sweet as they will be after several weeks. If you want to store them for a longer time, the skin needs to thicken and become hard. Leave them out on the counter or on a shelf where it is not too cold or hot, about 55°. Most of the squashes can be used interchangeably in recipes. They vary in sweetness and moisture content.

I cook my squashes by cutting them in half, scooping out the seeds and placing them face up on a cookie sheet in a 350° oven. You can put in a little butter if you like. They are done when tender. The delicata squashes have thin skins that can be eaten if you want but the don't store as long as some of the other squashes. Don't wait too long to enjoy any of these squash.

I love making pie with winter squash instead of pumpkin. It has a more intense flavor. You could even put some cranberries in the pie for a special treat.

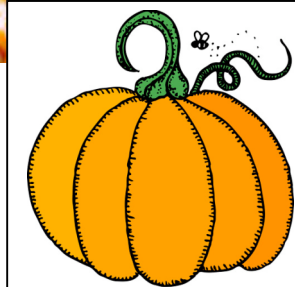
The types you are getting today are

Buttercup – green, medium moist

Sunshine – orange, kabocha type, dry

Here is a website with instructions for baking squash:

<http://www.wikihow.com/Bake-a-Winter-Squash>



Harvest Festival

Sunday, October 3

10:30 – 7:00

Join friends and members for a fun day of harvesting and celebration. There are potatoes to harvest, pumpkins to choose, food to prepare and eat. Details soon, but save the date!

In the bag:

Tomatoes

Cucumbers

Onions

Haricots Verts (little green beans)

Basil

Garlic

Broccoli

Kale

Vegetables in the bag

This bag is just about the same as last week. The broccoli is looking really nice as the weather cools down. We need to harvest them promptly to avoid problems with rot from the wet weather. The crew was wondering whether this wet weather will continue into winter. The 4 inches of rain would have been an impressive 40 inches of snow! Brrrr. Let's not talk about snow yet!

Freezing kale is easy. Take the kale off the stems and dunk it in boiling water for about a minute. Drain and place in ice water. I squeeze about large handfuls and wrap them in plastic. These balls of kale then go in a zip lock bag for winter use. Roma or paste tomatoes are easy to freeze. Just put them whole in the freezer. When you want to use, run them under tap water and the skins will slip off. Chop and add to your recipe. There are two beds of carrots that haven't been harvested but the rot is getting to them and they haven't grown as big as I expected. They are a new variety and we'll have to see what happens to them.

Winter Squash Pie

Ingredients:

1 1/2 cup cooked winter squash or pumpkin puree
1 cup light cream or evaporated milk
3 large eggs, beaten
1/4 cup rum
1/2 teaspoon pure vanilla extract
3/4 cup granulated sugar
1/4 cup packed light brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon salt
1 baked 10-inch pie shell

Directions:

Preheat the oven to 300°F.

In a large mixing bowl, combine the squash, cream, eggs, rum, and vanilla. Mix thoroughly. Stir in the granulated sugar, brown sugar, cinnamon, ginger, and salt. Pour the filling into the prepared pie shell.

Bake the pie for 1 hour, until the filling is set but still wobbly and a knife inserted near the center of the pie comes out clean. If the edges of the piecrust begin to darken before the pie is done, cover the edges with strips of aluminum foil.

Cool completely on a wire rack. Refrigerate for up to 1 day. Serve cold, at room temperature, or rewarmed in a 300°F oven for about 15 minutes.

Kale Chips

Servings: A lot

Reduce amounts as needed

Ingredients:

2 Bunches of Kale
1 1/2 Cups of raw Cashews
2 Bell Peppers ~ I like red and yellow
1/8 – 1/4 Cup olive oil
Garlic to taste

Preparation:

Remove the stems from the Kale and rip the leaves into chip-size pieces

Soak the cashews for about 2 hrs. Drain and discard the liquid

Place cashews, bell peppers, garlic into food processor. Add olive oil until mixture is smooth.

Toss mixture with the kale.

Put the kale on mesh trays on the dehydrator for about an hour.

Or

Place kale on greased cookie sheets. Bake at 350 for 5 -10 minutes. Turn and bake 5-10 minutes more ~ Watch carefully, it burns easily!