

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

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Around the farm

Cooler Weather on the Farm

DISTRIBUTION WEEK: 18

October 5-9, 2003



There is absolutely no doubt the weather is changing. This week we have been busy preparing for the likelihood of first frost by harvesting the last of the tomatoes, peppers, and eggplants. The chillier weather will usher us into the final four weeks of the season, when the CSA shares will include an abundance of fall greens, more carrots (considered to be sweeter once touched by frost), and a variety of winter squash.

We have completed our winter squash harvest, thanks in part to a tremendous effort by the staff during last week's downpour. At one point during the deluge of rain we couldn't see more than 50 feet in front of us, and yet the crew worked through the rain and was able to move more than 2,000 pounds of butternut squash to the safety of the hoop-house. The butternut squash will remain in the hoop-house for a couple of weeks. This will allow its skin to "cure" and be ready for late fall/early winter storage. ...mmmm, squash soup!



This week you'll probably receive **sweet dumpling squash** in your share. In the following weeks we'll distribute the remaining winter squash: pie pumpkins, acorn squash, and butternut.

By Derek Christianson, Associate Director

Calendar of Events

Oct. 19, Sunday, 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30-1:30.

Oct. 20, Monday, 8pm Board Meeting

Nov. 1-5, 7th Annual Community Food Security Conference - in Boston this year! This year's CFSC conference is an excellent opportunity to connect with food activists and analysts to share experiences and learn from each other about building food systems that work for our communities.

See <http://www.foodsecurity.org/events.html>

Nov. 16, Sunday, CFO Annual Meeting, election of 2004 Board of Directors, and dinner. Time to be announced.

E-MAIL US!

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Honey-Roasted Delicata Squash Rings

Ed. note: Marian Friedman sent in this recipe for delicata squash - she notes: "I liked this recipe because it was easy, attractive and tasty. You might want to point out that the skin on delicata squash is tender and edible..." I tried it tonight using last week's little delicatas - it really was just as advertised!

1.5 to 2 pounds delicata squash
3 tablespoons butter, melted
1 tablespoon honey

1. Preheat the oven to 375 degrees Fahrenheit.
2. Lightly oil a rimmed baking sheet.
3. Slice off the ends of the squash and scoop out the seeds and fibers with a spoon. Cut the squash into 1.5 inch thick rings and place on the baking sheet. (If the spoon won't fit, cut the squash into rings first and then scoop out the seeds).
4. Brush the rings on both sides with the butter; you will not use all of it.
5. Roast for 15 minutes.
6. Add the honey to the remaining butter.
7. Turn the squash over; brush with the honey-butter mixture, and roast for another 5 minutes, until tender.
8. Serve hot.

From The Roasted Vegetable by Andrea Chesman, Harvard Common Press, 2002

Marian also notes that The Roasted Vegetable cookbook "has been helpful this summer since high volumes of vegetables can be roasted following some straightforward prep work."

Squash Bread - recipe and text from <http://www.urbanext.uiuc.edu/veggies/wsquash1.html>

Equally delicious for breakfast, snack or as a light dessert, this honey sweetened loaf can be spread with low-fat cream cheese or whipped butter. To warm: Wrap thick slices in a paper towel and microwave for 15 to 20 seconds on high.

2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 cup butter or margarine
1 cup sugar
1/2 cup honey
1 egg plus 1 egg white
1 1/4 cup pureed cooked winter squash*

- You can save the winter squash seed for planting in your own garden next summer or to put out for the birds. The Waltham butternut squash (developed at our very own Field Station) has seeds that will produce "true" fruits. Clean seeds by rinsing, then place on paper to dry thoroughly. Store in a dry container and be sure to label it so you don't have "mystery seeds" next year! Somehow I always manage to have some squash or cukes or mystery gourds grow right out of my compost every spring. Dry seeds can also be added to your bird feed this winter.

On a plate, sift together first six ingredients. Set aside.

In a large bowl, mix oil, sugar and honey together until light and fluffy.

Beat in egg and egg white. Add squash puree and beat until smooth.

Fold in dry ingredients. Turn into a greased 9x5 inch loaf pan.

Bake until golden brown and a wooden skewer inserted in the center comes out clean, about one hour. Remove from the oven, let stand in pan 10 minutes. Turn out onto a wire cooling rack or cake plate to cool. Sprinkle with powdered sugar.

Variation:

Squash Bread with Nut Topping

2 tablespoons melted butter or margarine
1/2 cup finely chopped pecans or walnuts
Powdered sugar for dusting (optional)

After Step 4, pour melted butter over the top and sprinkle with chopped nuts. Bake as directed above. Cool and dust with powdered sugar.