

Remember, you can sign up for a share anytime!

2015 CSA

Summer

September 5th

Planet Earth Diversified

- **Eggplant Medley**
- **Watercress Box**
- **Baby Sorrel**
- **Pepper Medley**
- **Potatoes**
- **Lemon Verbena**
- **Rose Geranium**
- **Poultry Herb Blend**
- **Tarragon**
- **Thai Basil**
- **Squash/Zucchini**
- **Squash Blossoms**
- **Gourmet Cucumber**
- **Butternut Squash**

Butternut squash this week! In the same family as pumpkin, is often times used in recipes in its place.

So if you have recipes you like that call for pumpkin, try this as a substitute. My favorite “pumpkin pie” is made with butternut instead. Butternut squash lends itself delicious for both sweet and savory dishes. Used as an ingredient in homemade pasta, for stuffing, or cubed to be roasted, in soups, muffins and breads. If a savory soup or roast is on your mind, consider using your Poultry herbs chopped finely in your dish. It is easy to cut in half, scoop out the seeds and roast in a bit of water for half an hour... then you can flip it over and dress with pumpkin spices, some fresh grated ginger, butter and brown sugar for a decadent treat.



Above, soup is garnished with tomatoes, cheese and goldenrod flowers

Or stuff with savory greens, herbs, cheese or rice blend and bake the halves for about ½ an hour at 400f. For a delicious pie, use 1 ½ cups of cooked/pureed squash, 1 cup of sugar/light brown sugar, 3 eggs, ¾ cup evaporated milk or half and half, dash each of cinnamon, nutmeg, ginger (or insert some fresh grated ginger), salt, 2 tbs flour, 1 tbs of

melted butter, 1 tsp vanilla combined and poured into a 9” pie crust, and if you like, garnish with pecans (i also like to add crushed pecans into the crust). Bake @350 for 45-50 minutes (or until the top of the pie is set) and allow to cool before cutting. Yum!

Also new this week is our award winning sorrel...with a tangy lemony flavor, it pairs well with fish and poultry. It is often pureed, sometimes with onion, to produce a soup that is served either hot or cold. Sorrel is a fan favorite of our line of pesto selections made here at the farm in our inspected and certified kitchen. For simple use, try a few leaves quickly chopped beneath your hot fish or chicken. As a salad addition, it pairs nicely with apple. Consider combining flavors in your CSA by marinating yogurt with some rose geranium, scissor cutting the lemon verbena into tiny strips across your salad bed and finishing with larger chopped sorrel and apple. Top with the yogurt marinade and some nuts...enjoy! ☺

