

Happy Autumnal Greetings! We had a few cool, moist evenings this week and with all the squash varieties we have, i was thinking soup, soup, soup! So many ways to treat these, and

- eggplant medley
- field mix
- chard
- arugula
- pepper medley
- potatoes
- lemongrass
- rose geranium
- poultry herbs
- thai basil
- butternut squash
- gold variety zucchini
- squash blossoms
- dozen eggs
- baby ginger

generally we just halve them, roast in water and then dress, whether with bits of sage, cheese, nutmeg or with cinnamon, brown sugar, butter or with ginger and garlic... we also like to incorporate toasted nuts like pecans or using the toasted seeds for garnish. The seeds can also add a dimension of flavor if they have been toasted, dressed in any of the combinations mentioned or your own invention..i go savory or sweet..the spicy can go with either of those, just toast up your peppers on cookie sheets, roast in barbecue, etc, dry and crumble into mix, such as salt base or sweet base. Just a touch of salt and butter is also a nice toss for the seeds. The herbs in the Poultry Herb blend can be divided up and used for different dishes of the CSA items, referencing sage here for the squash...either a soup of the "creamed" roasted flesh, or



scissor chopped dash topping on a "boat" or half, or chunked cuts dressed. Yes, i like to treat any of these harder, bigger squashes pretty much the same... roasted, served like cut potatoes, roasted halves, creamed into a soup, or baked into morning "pies" with eggs, cheese, sour cream, half and half, etc. For those of you who may not have seen images of our farm or toured on Meet Yer Eats Labor Day outing, you can check out some of the first handfuls of Meet the Farmer TV episodes online as they were filmed at our farm. Photo below by Michael from the top of the barn. Make it a great week!



<http://www.meetthefarmer.com/shows/>