



# WINTER GREEN FARM

Box note #16 for the week of September 24, 2013

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Hello members!

This week the box is absolutely brimming with the bounty of the harvest season. We are transitioning into our fall crops, with the appearance of delicata squash, storage potatoes, and leeks! There are so many delicious combinations in your box. I am looking forward to making potatoes with parsley and butter, maybe some potato leek soup, and a big kale, Pac choi, pepper and tomato stir fry. I love roasted delicata squash, and I'm looking forward to enjoying more of those delicious pears from Mt. Hood Organics. The variety of pears this week is "starkrimson." We hope you enjoy this beautiful (and heavy!) box, let me know if you have any delicious recipes to share!

## Roasted Delicata Squash Recipe

From summertomato.com

### Ingredients:

- 2-4 delicata squash, depending on size (~1.5 lbs)
- 2 tbsp olive oil
- Salt to taste

Preheat oven to 425 degrees.

Clean the delicata squash by running under warm water and scrubbing away dirt with your hands. If there are any hard spots on the squash, you can scrape them off with a butter knife.

With a sharp knife, cut delicata in half lengthwise. With a spoon, scoop out the seeds and discard (you can save these and prepare them like pumpkin seeds if you wish). Cut each delicata half into 1/2-inch segments, creating moon-shaped pieces that have slight bumps around the curve.

Arrange the pieces in a single layer in a metal baking pan and coat in 2 tbsp olive oil. Too much oil can make the squash soggy. Salt gently. It's okay if the pieces are a little crowded, but try to maximize the surface area of the squash touching the pan. The browning only occurs where the squash and pan meet.

Place in oven and roast 10 minutes. Using a spatula (I use tongs for most veggies, but delicata squash are easily squished and hold up better if you don't pinch them) turn the squash in the pan so that the light sides are now touching the pan and the brown sides are facing upward.

Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and the texture is creamy to the teeth all the way through, about 25-30 minutes. Adjust salt.

## This Week's Harvest

(subject to variation)

Lacinato kale

Radishes

Pac Choi

Leeks

Carrots

Potatoes

Tomatoes

Peppers

Red onions

Parsley

Delicata squash

Pears

Some sites only:

Eggplant

## Quick Pickled Radish Recipe

From marthastewart.com

### Ingredients:

- 2/3 cup red-wine vinegar
- 1/2 cup sugar
- Coarse salt
- 15 medium-size red radishes (about 6 ounces), ends trimmed, thinly sliced

In a medium bowl, stir together vinegar, sugar, and 2 teaspoons coarse salt. Add radishes, and stir to combine. Let stand 30 minutes before serving. Pickled radishes are best used within a few hours but can be kept refrigerated for up to 1 day.

## VEGGIE STORAGE AND PREPARATION TIPS:

**WINTER SQUASH:** Store Winter Squash in a cool, dry, dark place with good ventilation. They should keep for up to a month or more, depending on the variety. You can also incorporate Winter Squash into a beautiful arrangement for your table. They won't keep quite as long at room temperature, but if they are sitting on your table, you might be inspired to eat them more quickly. Once squash has been cut, you can wrap the pieces in plastic and store them in the refrigerator for 5-7 days.

To bake Winter Squash, cut in half, scoop out the seeds and pulp and place the halves, cut side down, on a baking dish filled with about a half -inch water. You can also bake with out the water, just lightly grease a baking sheet or use parchment paper. Bake at 350 degrees until halves are completely soft and just starting to collapse (45 min to 1 hour or more, depending on the size). Remove them from the oven, fill w/butter, seasonings, or fillings, and serve them in the shell.

Winter Squash can be substituted in pies and baked goods. Try using it instead of pumpkin or sweet potatoes in dessert recipes. While the oven is still hot, try roasting the seeds after mixing them with a little oil and seasonings of your choice.

**PARSLEY:** Wrap Parsley in a damp towel or place upright in a container with an inch of water & refrigerate for short-term storage. For longer storage, Parsley can be dried. Check your favorite cookbook for dehydrating info.

Parsley can be tossed into salads with other greens, or chopped into any chilled pasta or vegetable salad. It is excellent in soups, stews, and stir-fries; only remember to add it toward the end or after cooking is completed to retain color, flavor and nutrition.

**LEEKs:** Place unwashed and dry leeks in plastic bag and store in a drawer of your refrigerator. Leeks will store well for up to 2 weeks. To clean leeks for cooking: trim roots, remove green tops (which can be used in soup stock), and peel off outer leaf layer removing any hidden dirt. Cut in half lengthwise and chop (most recipes only use white portion). Leeks can be substituted for any recipe calling for onions. They develop the best flavor when cooked or sautéed slowly.



This is a photo of the potato digging crew! They get to ride the potato digger and sort and bag all your potatoes!



Adam is clipping delicata squash, during the big squash harvest last week. They make big piles in the field and then come back with the tractor and wooden totes to fill and bring up to the barns for storage.