



# Winter Green Community Farm

Week of October 16

Last Delivery

2007

## Winter Squash

### **This Week's Harvest**

(Subject to variations)

#### *Parsnips*

Komatsuna  
Yellow Onions  
Leeks  
Potatoes  
Delicata Squash  
Radishes

☞ No need to peel your Delicata squash. Let these Delicata squash sit out in a sunny place and ripen for a week for best flavor. The peel is edible, nutritious and delicious. Winter squash will keep for a few months stored in a dry, cool place. Cooked squash is delicious combined with simple ingredients like butter, salt and pepper, or try it with brown sugar and orange juice. Pureed squash can be added to soups, stews, muffins, breads, or pancake batter. To bake winter squash, slice lengthwise in half, scoop seeds, and bake at about 350 degrees face down on a oiled or buttered baking sheet. Bake until tender but not charred (about 25 - 75 minutes depending on size).

☞ *Parsnips* will store well for several weeks unwashed in a plastic bag in your refrigerator. When ready to use, scrub under running water (no need to peel). Parsnips have a naturally sweet flavor that is brought out by roasting.

### *Mushroom-Tofu-Pecan Stuffed Squash*

3-4 small Winter Squash,  
halved & seeded  
1 tofu cake, pressed and  
cut into small cubes  
3 T tamari soy sauce  
3 T dry sherry  
4 Cups small bread cubes  
2 T olive oil  
3 Cups onions, chopped

3 celery stalks, chopped  
4 Cups sliced mushrooms  
1/2 tsp dried marjoram  
1/4 tsp dried thyme  
1/2 Cup stock or water  
1 Cup pecans, toasted  
& chopped  
1 T fresh lemon juice

Place squash halves, cut side down, in oiled baking pan. Add about 1/2" water to pan & bake at 350 for about 40 min., til tender. Marinate tofu in soy sauce & sherry. Toast bread cubes on baking sheet for 5 min. Saute onions & celery in 2 T oil, use 9jg pot large enough for all remaining ingred. When onions are translucent, add mushrooms, marjoram, thyme, & stock or water. Cook covered for 10 min., then add tofu w/marinade & bread cubes. Saute for 5 min. more. Adjust seasonings. Remove from heat. Stir in pecans & lemon juice. Mound filling in baked squash halves & bake covered at 350 for 20 min.

Serves 6-8 from "New Recipes from Moosewood Restaurant"

*"You can bury a lot of troubles digging in the dirt."*

*Author Unknown*

### *Cheddar and Parsnip Soup*

1 med. onion, chopped  
1 tsp salt  
2 T vegetable oil  
2-3 tsp caraway seeds  
1 1/2 lb. parsnips, cubed  
3 med. potatoes, peeled &  
cubed

3 Cups water  
1/4 tsp grd. Fennel seeds  
3 Cups med. sharp  
cheddar, grated  
3 Cups milk (or milk  
substitute)  
chopped fresh parsley or  
a sprig of dill (opt)

In 3-qt. saucepan, saute onion w/salt in oil on low heat until translucent, about 10 min. Mix in caraway seeds and parsnips. Stir & simmer gently for about 5 min. Add potatoes & water. Bring soup to boil. Simmer for about 10-15 min., til potatoes are tender. Remove from heat. Stir in fennel & cheese. When cheese has melted, pour in the milk. Allow soup to cool for 5-10 min. Then in a blender or food processor, puree soup in batches. Gently reheat, being careful not to let it boil. Serve hot.

Serves 6 from "Sundays at Moosewood Restaurant"

### *Parsnip Crisps*

Parsnips, cut into French fry sized pieces  
olive oil  
sea salt

Toss parsnips w/olive oil and sea salt. Spread out on a cookie sheet and bake at 400 deg. for about 40 min. or until crispy on the outside and tender on the inside!

## News from the Field

Hello Dear Community Farm Members!

As I sit here to write the last of the weekly box notes for many of you, the wind is blowing, twirling the many wondrous colorful leaves past my viewing window.

Throughout the season, I have been able to witness the trees budding out, soon to be followed by the sweet scented flowers, and then the green leaves unfurling. I have been able to look upon the beautiful flowers in the gardens, as I awaited inspiration to flow. I have watched different birds come to roost on a branch for a while and have been delighted by the lone hummingbird that was so curious about what was going on beyond the glass partition.

I have watched the rains come down full force, hail falling with a fury, as well as the sun streaming through the leaves. I have watched the harvest trucks, full of smiling faces or weary ones, full of transplants or hay bales, pass by on route to one task or another.

And now, here we are about to deliver the last harvest share of the season, a season that seems to have flown by all too quickly. We have all done our best to bring you the most nutritious and delicious food we could and have enjoyed every (well, almost every...) minute of it. We can only hope that the effort came through to you in your vegetables.

This past weekend of warm, almost HOT sunny weather was just what we needed on the farm! With the onset of early rains, we have been stressing about when we would be able to get out into the fields to harvest the rest of the potatoes and do the fall tillage needed to seed out cover crops and garlic, as well as get the ground ready for the fall strawberry plants.

This weekend was just the break we needed. All of the potatoes were harvested and the ground was made ready for the garlic to be planted, which is happening as I write this note to you. Many of the crew and the tractors were working overtime this weekend to accomplish these tasks before the rains return, which by the looks of the weather rolling in, could be any moment.

You will be receiving more storage potatoes and onions in your last box. Store them in a cool, dry, and dark place and they should last a while. You will also be receiving parsnips, which did sustain a bit of damage, and may not store as well as usual, so eat them up.

For those of you who do eat meat, we do still have a few shares of our organic, grass fed beef available. Let me know if you would like to have more information about reserving a share.

We also just received our first ever batch of the Blueberry/Strawberry Spread. Since we didn't have enough blueberries to do a full run of spread, we combined

the two! The cost will be the same as the individual spreads....\$4/jar and \$45/case. We will be delivering the Late Season shares many of the same sites and I would be happy to include your order in the delivery route.

We do have one very special "crop" that will be ready for "harvest" in a short time. Chris and Shannon Overbaugh, our market managers, and long time employees, are anxiously awaiting the birth of their second child in a few weeks. Some of us had the pleasure of taking care of their two year old son, Alden, this weekend while Chris and Shannon had a weekend to themselves. Alden is a "farmer" already, and knows the name and make of almost every tractor on the farm! He has boundless energy, an unquenchable thirst for knowledge, and a smile that can warm anyone's heart. It has been a delight to watch him grow, and we are all very excited to meet our new little "farmer".



Annual Harvest Celebration & Potluck  
Saturday, October 20th, from 12-4pm  
Bring a dish to share & join in the festivities  
Enjoy a hayride down to pick out your pumpkin!

We would like to take this opportunity to thank all of you for sharing this season with us and hope to have the pleasure and opportunity to share the fruits of our labor with you again next season. We hope you have a wonderful winter and a happy holiday season!  
Last but not least, hope you enjoy your veggies!

Linda and all of the Winter Green Farm farmers