



# Urban Roots

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## In the Bag

Delicata Squash, 1 piece  
Salsa Basket, 1 bag  
Carrots, 1 bunch  
Scallions, 1 bunch  
Sweet Peppers, 2 small & 1 larger  
Cherry Tomatoes, 1 bag  
Sage or Thyme, 1 bag  
Garlic, 1 piece  
Slicing Tomatoes, 4 pieces

It does still feel a little early for winter squash, doesn't it? Especially now that some of the heat returned this week. But according to the garden's calendar it is right on time, because the squash are ripe. We harvested these delicata squash on Friday of last week, and they are ready to go. This squash is my favorite to eat because it is easy to cut into, quick to cook, so sweet and delicious that it needs no brown sugar, and can even be eaten with the skin. But it is my least favorite to grow. These that you have in your share this week are the most perfect ones that we harvested, and even these have blemishes that will prevent them from keeping for very long. I've never figured out how to grow the perfect delicatas that I crave! There's one more thing for me to research this winter.

Meanwhile eat your squash sooner than later. One simple way to cook **delicata** is to cut it open the long way and scoop out the seeds. Set a couple cloves of **garlic** in each half, sprinkle with some olive oil and chopped **sage** or **thyme**, and bake until a fork can easily pierce the skin. Then scoop out the flesh to eat it, or eat it skin and all (my preferred method, but not everyone's).

Everything else in your share this week should be an old favorite by now. The tomatillos are still going strong so you can look forward to one or two more salsa baskets, but the tomatoes are really petering out. I'm not sure how much longer they will last. Next week look for beets, another variety of winter squash, and maybe chard or kale.

## Claire's Comments

### Starting the Wind-Down

This is the time of year when I start to struggle with what I should say to you in this column. It's getting cooler, the farm and field students have all gone back to school, the college interns are back in classes, and the farm has a definite "winding down" kind of feel. Maggie and I are tired. We have to really work up some enthusiasm to get those last lettuce plants in the ground, to seed the fall spinach crop. Planting is just not what we want to be doing right now. We want to be cleaning out our harvest buckets, putting the towels through one last wash before winter storage, and concentrating on tilling our little five acre farm into cover crop for the winter. But it is just not time for any of that yet. There are still almost two more months of CSA harvests to go!

Things will start to change in your shares over the next couple of weeks however. You will see winter squash every week from here out. (Luckily most of them keep pretty well so you can save them for later if you are not in the mood for winter food just yet. This week's delicata is the one obvious exception to that rule.) Leeks will be coming in another week or two. Tomatoes and tomatillos will fade out. You will start to see salad mix and spinach again. And the delicious frost-tinged kale, collards, and Brussels sprouts are right around the corner. Last week Lisa and I talked about the changes in weather that accompany the onset of fall. With the winter squash in your share this week, I'm thinking more and more about the changes in food that we will see as well.

And I'm already starting to feel the changes in attitude. Now that we are down to a crew of just Maggie, me, eight worker shares, a few faithful volunteers, and some summer interns who will come back to visit now and then; and now that we all understand the farm and our jobs pretty well, we can take a little more time to chat while we work or sing or even start to imagine how we will do things differently next year. Maybe part of the change in attitude has to do with the repetitive nature of our tasks right now. Pretty much all we do is harvest. We are moving through the farm section by section taking out the remaining crops and getting the place cleaned up. Isn't that the definition of "winding down?" And isn't part of winding-down slowing down? It feel like that is exactly what we are doing.

Still, we did get to strip down to our tank tops and shorts this week. How crazy to be harvesting winter squash on a warm day! Crazy and glorious. Every warm day is a thing to be celebrated in the fall as far as I'm concerned. So, as I'm sorting out the garlic seed, cleaning up the onions that took over the garage a few weeks ago in order to make room for the piles of winter squash, ordering my cover crop seed, slowing down, and looking forward to getting the farm all clean and tidy for next year, I'm also soaking in this summer' end like a sponge that will never reach capacity.

## Recipe

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