



In the Share

Spaghetti Squash, 1 piece
Carrots, 1 bag
Salsa Basket, 1 bag
Scallions, 1 bunch
Carmen Red Peppers, 3 long pieces
Small Sweet Peppers, 2 pieces
Mild Hot Peppers, 3 pieces
Hot Peppers, 6 pieces
Roma Tomatoes, 1 bag
Cilantro or Dill, 1 bunch
Garlic, 1 head

Did I say we were done with tomatoes? I believe I have made that statement at least twice so far. Third time must be the charm. These are the very last of the tomatoes you will have from the farm this year. I feel confident of that now because I mowed the last of them down as soon as we were done picking. When we took a look at the vines on Monday we debated whether or not to harvest them again. We knew their quality would be on the decline, but we just could not resist including them when we saw how well they would fit in with the rest of the share. These last romas will be perfect combined with the peppers and garlic and made into a fresh pasta sauce for the spaghetti squash. Or combine them with garlic, hot peppers, and cilantro for a red salsa to go with the chilies rellenos recipe on the back. We did have to pick some of the romas a bit pink in order to get enough, so don't be afraid to let them ripen to red before you use them.

Red salsa and green salsa in one share and it is time for a salsa fest! Luckily the green salsa freezes perfectly once prepared and packed in a quart-sized freezer bag, just in case salsa feasting is not in your dinner plan for the week. Given the state of the tomatillos, I am guessing this will be the last salsa basket for the season. But I have been known to make that call a bit prematurely in the past!

(continued on the back)

Claire's Comments

The Hy-Vee

There is a new Hy-Vee grocery store scheduled to open next month on East Washington Avenue. Hy-Vee is a Midwest grocery chain based in Iowa and working hard to tailor its offerings to this unique Madison market. We all know what that means: local produce!

When Hy-Vee contacted Joan Collins Publicity to help them get the word out about the new stores (there will be second store going in at Westgate next year), Joan was quick to introduce them to us at Community GroundWorks. Joan knows us through our sprout business, which she helped us to start back in 2006. Since our introduction we have been talking with Hy-Vee about possible partnerships including providing sprouts and herbs to their produce departments, conducting gardening classes in their new community room, and even coming up with a special Hy-Vee sprout blend which would be the base for a signature Hy-Vee deli salad. It is exciting to have a new local food partner here in Madison!

Meanwhile, Hy-Vee has already made a serious contribution to local food production at Troy Community Farm. On Monday Daren (Regional Manager) and Rob (Madison Store Manager) presented us with a check for \$5,000 to be used to purchase and install an irrigation system at the farm. I can hardly believe it. After eight years of wondering what it would be like to be able to seed and germinate a crop without having to wait for the rain, wishing I could keep the potatoes growing through a long dry period like the one we are in now, and wondering if the broccoli and lettuce really would be so much bigger and better if they had regular water, I am about to have all my wishes and wonderings answered.

You may remember from the 30 July newsletter that when we took our intern field trip to Vermont Valley farm, farmer Dave Perkins emphasized to us his belief that we could double or triple our harvest by adding irrigation to our system. While I am doubtful we could really triple our production simply by adding supplemental water, I do know that every farmer who installs irrigation is shocked by the difference it makes. And those who have always had irrigation cannot believe we are able to grow any food at all without it. I have no doubt that having irrigation on our farm will dramatically improve our ability to grow more and better quality food, allowing us to expand both our CSA and our sales to stores like Hy-Vee. I also hope that one day I can go to Dave and say that while I doubted his prediction, it did indeed come true.

Jake and I are in the final stages of designing the new Hy-Vee irrigation system. We meet with Dave tomorrow to get his experienced opinion and then we are ready to order the supplies and install the lines. When next I report to you about "The Hy-Vee," you will know that even when the rain is in short supply, our crops are well watered!

Winter Squash

Winter squashes are native to the Americas and are prized for their ability to store well for long periods of time. They are excellent sources of fiber, beta-carotene, Vitamin A, and potassium. You have had or will have Delicata, Sweet Dumpling, Carnival, Acorn, Butternut, Spaghetti, and Pie Pumpkins in your shares this fall. Most types of squash may be substituted for one another in recipes, except spaghetti.

To Store: at room temperature for about a month, or at 50 degrees (50-70% humidity) for several months. They can also be baked (see below) and mashed, and then frozen.

To Bake Whole: leave squash whole for easy preparation. Pierce 4-5 times to prevent squash from exploding. Set on a baking sheet and bake at 375 for 45-90 minutes, depending on the size of the squash. Check for doneness with a knife, allow to cool slightly, cut in half and scoop out seeds and strings.

To Bake Halved or in Pieces: cut squash in half or quarters. Remove seeds and strings. Place skin side up in a baking dish and add 1/4 inch water to the bottom of the pan. Cover with foil and bake as above until knife tender. Halfway through baking, turn over and coat with oil or butter and seasonings.

Once baked, the hard rind of a winter squash can be easily separated from the flesh. They are delicious mashed or pureed with butter, olive oil, brown sugar, cream, garlic, cheeses, thyme, sage, mushrooms, pork, and/or toasted nuts, or with stock to make soup.

Recipes/Ideas:

- **Spaghetti squash:** bake in halves. Once finished, the flesh may be scraped out with a fork or spoon, producing noodle-like flesh. Serve with your favorite pasta sauce and Parmesan cheese, just like its name. Kids love it!
- **Acorn squash stuffed with quinoa** (courtesy [Joy of Cooking](#)): bake 3 squash in halves as above. Sauté chopped onion in olive oil and add 1/2 cup quinoa. Stir in 1 cup stock, bring to a boil, cover and simmer 15 minutes or until quinoa have cooked (their 'tails' will come out). Season with salt and pepper. Peel and dice the flesh of one of the squash and combine with quinoa. Add some chopped nuts, parsley or sage, and some grated Parmesan. Fill the remaining halves with the quinoa mixture and bake until heated through, about 20 minutes at 350.
- **Pasta Salad with Butternut Squash:** Peel and cut butternut squash in small dice. The easiest way to do this is by cutting off the bulbous end, cutting that in half, scooping out the seeds, slicing in moons, and cutting the slices into dice. Cut the neck of the squash in slices, then long strips, then dice. Toss in a little oil and roast on a baking sheet for 20-30 minutes at 350. Squash is done when tender and browned. Cook a pound of your favorite chunky pasta. Cool squash and pasta and toss with fresh spinach, goat cheese, sage, parsley, and a sherry vinaigrette.

(continued from "In the Share")

Peppers are really the highlight of the share again this week. Typically you have only sweet peppers, but this week you have both, so it will be important to be able to tell them apart. You should recognize the long Carmen peppers, the bells, and the lipsticks from previous weeks. Those are all still as sweet as they have ever been. It is the four types of hot peppers that will take a bit more work. The larger, fatter, darker green peppers are pablanos. These are mildly hot and should be cooked before eating. They are perfect for the recipe below. The long, skinny, paler green peppers are anahiemis. These too are mildly hot. The shorter, dark green or red peppers are jalapeños and are the hottest of the hot peppers in your share. Finally, the long red, orange, and yellow peppers are Hungarian hot wax. These are more of a medium pepper. Both the jalapeños and the hot wax should be somewhat familiar to you because these are the peppers you find in your salsa baskets. Use any of these peppers in the recipe below or in your salsa or cut them up and put them in the freezer for use over the long, cold winter.

Next week: Butternut or Acorn squash, leeks, potatoes, beets, and Brussels sprouts.

Recipe

Chilies Rellenos Jose

This recipe comes from the MACSAC A to Z Cookbook. It will easily use up the 9 hot peppers you have in your share today and probably a couple of the sweet ones as well, if you so choose. If that adds up to too much pepper and cheese for you, just cut the recipe in half.

Whole or halved chilies, enough to cover the bottom of a 7 by 13 pan
1 pound Monterey Jack cheese, cut into thin strips
5 large eggs ½ tsp. salt
¼ cup flour ½ pound grated Cheddar cheese
1 ¼ cup milk ½ tsp. paprika

Remove seeds from chilies. Slip strips of jack cheese inside chilies. Beat eggs and gradually add flour, milk, and salt. Arrange chilies in a well-greased pan. Sprinkle on Cheddar. Pour on egg mixture. Sprinkle on paprika. Bake uncovered at 350 degrees for 45 minutes. Makes 6 to 8 servings.