

CSA NEWSLETTER

Squashin'



'Tis the season! When ghosts and ghouls walk the streets looking for favored candies, its time to start think about all squash – not just carving pumpkins. Soon our markets will take a short seasonal break, so being stocked up for winter before then is oh so wise. We have so many righteously tasty squashes to choose from right now.

It's always such a bittersweet thing to see delicata, butternut, kabocha and others emerge into the market booth. On one hand, it's a whole new bounty to explore! On the other hand, it means farewell to summer. But us Oregonians love our sweaters and raincoats! So lets embrace it together.

Here at the farm the sqwashing team is spending several days of every week washing and boxing squash for restaurants, grocery stores and large distributors. It's a labor-intensive push at the tail end of the season to get all these glorious gourds out to the people in short order. Between butternut, kabochas scarlet and green, buttercup, zeplin and candystick delicata, pie pumpkins, and the elusive tetsukabuto, we have our hands full of squash to get out to the people.

Let us usher in the season of soups, hot toddies, wicker baskets full of fall splendor like chanterelles and dried flowers, and - most importantly - more reasons to slow down and enjoy all of this with the people we love.

Hey! Ho! Tetsukabuto!

Sometimes referred to as the Japanese pumpkin, this unique squash is crossed between kabocha and butternut. With a rich and nutty flavor, creamy delicate flesh and minimal internal seeds, this squash is an excellent choice for any dish with a savory edge to it. Excellent for creamy squash soup, cut into radial slices, roasted and served independently or added to a hearty salad for lunch, this squash is a really special variety with a growing squadron of dedicated fans. Next time you're looking to turn heads at your thanksgiving spread, this is the move. Keep an eye out for these! They will be available at markets in a couple weeks.

VEGGIE LIST

BUTTERNUT
RADISH
BULK CARROT
KOHLRABI
CELERY
BROCCOLI
WHITE KALE
POTATOES
LEEKS
ONION
JALAPENO
COLORED BELL
JIMMY NARDELLO
TOMATO

What's up with Garlic?

You may have noticed a lack of garlic at markets lately. Well, we're all out. But! hold onto hope, because our garlic crop is very important to us and we continue to nurture our relationship with growing it. Propagation manager, Crosbie, has invested a lot of thought and energy into the future of our garlic crop. Carefully sorting through selected seed for desired traits and meticulously planting with a combination of new and old methods, he's very hopeful that our 2025 spring garlic crop will be impeccable.

If you're wondering about your own garlic planting, this is an excellent time! planting in mid-October is generally very desirable. With this timing, the garlic won't mature too quickly - causing it to be shocked and stunted at the first hard frost of the year. Slow is smooth and smooth is fast with winter garlic growth.

Plant your peeled cloves basal plate down, 6" apart, approximately 1" into the soil, and cover with 2" of compost to insulate. be patient and enjoy!



Chilled Butternut-Apple Creams

INGREDIENTS

- 150g (5oz) peeled and diced butternut squash (200g (7oz) unpeeled weight)
- 115g (4oz) sweet eating apples, peeled and diced
- 15g (½oz) squash or pumpkin seeds
- ¼ tsp caster sugar
- 115g (4oz) 0% fat natural Greek-style yogurt
- 120g pot light Greek-style 0% fat toffee yoghurt (option to just double initial yogurt to simplify)
- Juice of 1 orange, about 2 tbsp
- Pinch ground cinnamon

Directions:

1. Heat the oven to 200°C/180°C fan/gas mark 6. Line a roasting tin with foil and rub over with a little oil. Scatter the squash and apple over the tin and roast for 30 minutes until very soft and beginning to caramelise. Stir halfway through and add a splash of water if the mixture is beginning to stick.
2. Fry the seeds in a lightly oiled pan with the sugar until golden. Leave to cool. Spoon the squash and apple mixture into a food processor or blender with orange juice and cinnamon and blitz until smooth.
3. Mix together the two types of yogurt (optional).
4. Layer the squash purée with the yoghurts in tall glasses. Finish off with a spoonful of yogurt and a few toasted seeds.

Source - British Heart Foundation