

## Week 18 – Summer CSA

October 3 – October 9, 2022

Hi CSA supporters,

We are finally getting into the heart of fall crops. Winter squash feels emblematic of the seasonal transition – from watching the natural senescence of the once-green plants, to welcoming in the big bins of storage squash that each field produces. This week’s photo features our first maturing squash field, with vines fully died down, exposing ripe hardened dark-green squash ready for cutting and picking. These squash and other fields’ finished squash have been carefully cut from their vines, at the appropriate time, and are presently coming out of the field to be stored for the fall and winter. You may find that the texture and flavor qualities of your squash changes over time, depending on how long you wait before cooking it up. Once off of the plant and out of the field, squash appreciate some time to “cure,” a term for the period of biochemical transformations happening within the squash flesh post-harvest, whereby new flavors develop and some part of the squash’s starch reserves are converted to sweet sugar. Ideal conditions for curing winter squash are indoors on a countertop, or inside a garage that maintains a moderate temperature. We sell winter squash to be ready to eat upon purchase, but don’t be afraid to let them develop for a little while too, and do your own research into best approaches for curing winter squash.

Enjoy these fall harvests!

### Box contents, Week 18:

- Winter squash
- Spinach
- Yellow Onion
- Red Onion
- Red Potatoes
- Lettuce
- Celeriac
- Italian Parsley
- Watermelon Radish

