



CSA NEWSLETTER

WEEK 17 - 9/29/2026



Even though the weather looks extremely nice, the cold season is just around the corner. With it comes time to think about what you'll do with all the winter squash we grew and will be putting into the CSA boxes over the next few weeks!

Available in 7 shapes and colors, squash is versatile, delicious, and very nutritious. They are a good source of Vitamin A, Vitamin C, Vitamin B6, fiber, and Magnesium.

All the varieties we grow have a curing time of about 1 month, so we try to send them your way after they've finished ripening here, so they're ready to eat. But if you can wait until the cold weather arrives, they might taste even better.

Here's a simple guide on flavors and cooking suggestions for all:

- **Buttercup:** the flesh is deep orange, with a rich, nutty and creamy flavor, often compared to a baked sweet potato. Its dense texture makes it suitable for purees and baking. Steaming or baking are the best cooking methods.
- **Butternut:** You've most likely eaten this one the most; it's extremely versatile & popular; it lends itself to roasting, pureeing, mashing, and soup. This is the only variety that I prefer to peel before cooking.
- **Delicata:** It doesn't store as long as other heartier varieties, so eat this one while you can! Its thin skin is edible— simply slice the whole squash in half, de-seed, and then slice the halves into half-moons. Roast, sauté, or steam and dress with salt, pepper, and herbs, and you'll be surprised at how flavorful Delicata is.
- **Delicata Candystick:** Bred by the local Carol Deppe, she made it extra sweet, marshmallow notes! You'll know it's a candystick because the skin is tan/pale orange color, in contrast with regular delicata's bright yellow.
- **Kabocha - Green and Red:** My favorite way to eat kabocha is to roast slices of it (with the rind attached) on a sheet pan; you can season it with sweet spices (cinnamon, etc), or make it savory. People say its fluffy texture is similar to roasted chestnut. Some people prefer the red one; it might be a little sweeter. I've always enjoyed the green since I prefer using squash for savory recipes.
- **Tetsukabuto:** This beast will store in a cool, dark pantry for up to 6 months! Do not feel rushed to cook it. Earthy flavor has rich notes of hazelnut and browned butter. Very versatile for cooking, consider bringing an ax into the house to cut it. Just kidding, pre-roasting it whole and then chopping it makes it easier.

Rosie

ROASTED BUTTERCUP

Ingredients

- sliced buttercup squash
- extra virgin olive oil
- salt
- pepper
- Optional maple syrup

Instructions

- To roast the squash, preheat the oven to 425°F. Use the convection setting on the oven if you have that. If you don't have a convection oven, you can still roast at 425°F.
- Place the squash slices (that should be cut about 1/3 – 1/2" thick) on a baking sheet in a single layer.
- Drizzle olive oil (and maple syrup if you want it sweeter) on the squash. You can also use a brush to brush it on each piece of squash to ensure even coverage.
- Season with salt and pepper and roast for 20 minutes. Remove the baking sheet, gently flip each piece over, and brush or drizzle a little more olive oil (and maple syrup) on top. Roast for another 20 minutes.
- The roasted buttercup squash will be golden brown and crispy on the edges, and the flesh will be tender and starting to caramelize from the natural sugars in the squash and the maple syrup. Enjoy as a side dish or add to salads.
- Note: Season with cinnamon, nutmeg, pumpkin pie spice, cloves and/or Chinese 5 spice or cumin, smoked paprika and/or coriander

Veggie List:

Potatoes
Lettuce
Yellow Onion
Garlic
Poblano Pepper
Cucumbers
Carrots
Eggplant
Jalapeno
Roma Tomato
Broccoli
Buttercup



Squash medly at market.

PS: We also grow **Pie Pumpkins!**
I forgot to include them in the list.
We'll add a note next time!

We'd love to see what you're cooking with your CSA box!

Tag us [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)