

# CSA NEWSLETTER



## Fall is Finally Here

As mid-October arrives, we are definitely settling into fall, with the tree leaves turning colors, the days are getting shorter, nights and mornings are cooler, and fall and winter produce are finally arriving in abundance! Some of Gathering Together Farm's summer vegetables, such as corn and cucumbers are long gone for the season,

and tomatoes are greatly reduced in their yield. However, we are starting to have cauliflower, white turnips, colored bell peppers, broccoli, radishes, spinach, and winter squash.

While things are starting to slow down a little bit, there is still a lot to do and less daylight to do it all in. Even though we are used to the vegetables we grow, it is still amazing to look at all the fields and greenhouses that are still full and needing to be harvested, washed, sorted and sent out to our customers. There are now numerous wooden bins of winter squash, that have been cured, and root vegetables, such as carrots, beets, and celeriac needing to be washed.

Recently, I had the opportunity to spend a day at a family friend's farm. Lise has owned this farm for almost 30 years and has draft horses that she cared for and farms with. As a fellow equestrian, horse lover, and horse owner, I have always been in awe of Lise's amazing way with horses and the fact that she uses her horses to help her on her farm. Farming with horses isn't a common thing anymore. Nowadays, most farms, including Gathering Together Farm, uses tractors to prep the fields, but it wasn't that long ago that horses and other farm animals helped us.

### Let Talk About Zeplin Delicata Squash

Our farm has a long history with the Zeplin Delicata Squash. In the 90's, we were able to save these seeds with the help of CSA members. Some members would get boxes of this squash, saving the seeds and returning them to us. One year, we planted these seeds next to a different squash variety. Unfortunately, these two squash varieties cross pollinated and we weren't able to use the squash.

So the next year, we purchased new seeds and thought nothing of it, until CSA members started telling us that our delicata had a horrible taste they couldn't get it out of their mouth for hours. In Washington, some people, who had eaten the same squash grown from the

### VEGGIE LIST

**ZEPPLIN DELICATA  
SQUASH**

**HAKUREI TURNIP  
SPINACH**

**GREEN CABBAGE  
COLORED BELL PEPPER**

**POBLANO**

**POTATOES**

**RED ONION**

**YELLOW ONION**

**FENNEL**

**RED BEETS**

**TOMATO**

seeds we also purchases, ended up at the hospital after swallowing it rather than spitting it out. Detective work lead us to realize all the commercial Delicata seeds sold that year, were grown from a farm in Colorado, where wild bitter gourd has cross pollinated with the Delicata squash. Resulting in 1 out of 100 squash would ruin a meal or worse.

But, thanks to one of our CSA members, who saved seeds for us and found some in the back of their drawer, we were able to bring this wonderful squash back to life! Frank Morton, a master seed breeder, who ran Wild Garden Seed as part of our farming operation, took on the project of cleaning up this variety, while also improving it for sweetness and storability. He gave his improved variety the name, Zeplin Delicata, and we sold it to seed houses across the nation. Frank has retired from doing “wet seed” crops, like Delicata, and focuses on flowers. This year, again, we planted our Delicata too close to another squash variety to save the seeds, but it is our intention to not do it again. If we get that done, you might be a CSA member carrying on the noble tradition of saving seeds next year.



## Nearly Normal's Quinoa Stuffed Delicata Squash Recipe

### Ingredients to cook quinoa:

- 1 1/2 c Quinoa
- 3 c water
- 1/2 tsp salt

### Ingredients:

- 2 Tbsp oil
- 1 c onions (finely chopped)
- 4 tsp garlic (minced)
- 1/2 c sweet red pepper (finely chopped)
- 1 c celery (finely chopped)
- 1 1/2 tsp dried marjoram (1 tbsp fresh)
- 1/4 tsp cardamom
- 1 tsp salt
- 3 Delicata Squash
- 1 1/2 c grated Fontina cheese (or other sharp cheese)

### Directions:

1. Slice Delicata Squash lengthwise. Spoon out seeds, place cut side down in a large pan or on a cookie sheet filled with 1/4 inches of water. Bake at 375 degrees for 20-30 minutes or until soft. Test with a fork.
2. While squash is baking, place quinoa in a medium saucepan along with water and salt. Bring to a simmer and cook, covered, until all the water has been absorbed (about 15 minutes). Set quinoa aside for later
3. Heat oil in a medium sauce pan and sauté celery, onions, garlic, peppers, salt, marjoram, and cardamom for about 5 minutes. Stir occasionally to prevent burning. Turn off burner and add the cooked quinoa and blend well.
4. Fill half of the squash with the quinoa mixture and top with grated cheese. Place on cookie sheets and bake at 375 until the cheese is melted and the quinoa is heated. Serve immediately and enjoy!

**We'd love to see what you're doing with your CSA box. Tag us [@GatheringTogetherFarm](#)**