



Housekeeping

Just a few tips and reminders for deliveries.....

- ☀ We are in need of small share boxes, please return the delivery boxes to the drop site or leave them where the delivery person can find them and we will be happy to recycle them. Thanks!!
- ☀ Did you know you can pay with a credit card? Call Johnice and give her your credit card number and your bill will be paid automatically each time you order.

ATTENTION

Next week will be our last week of delivering your share boxes. We will be sending the last two weeks worth of product to you at that time. Thank you for your support this season. We will be happy to pick up any boxes at this time as well.

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What's Available:

- ◆ Yellow Onions
- ◆ White Onions
- ◆ Sweet Yellow Onions
- ◆ Red Onions
- ◆ Beets
- ◆ Chard
- ◆ Potatoes
- ◆ Green Bell Peppers
- ◆ Winter Squash
- ◆ Fresh Garlic
- ◆ Eggs
- ◆ Herbs
- ◆ Kale
- ◆ Salad Mix
- ◆ Spinach
- ◆ Eggplant
- ◆ Slicing Tomatoes
- ◆ Jalapeno Peppers
- ◆ Hot Wax Peppers
- ◆ Apples
- ◆ Meats - Pork, Beef, Lamb and Chicken
- ◆ Watermelon
- ◆ Red Roasting Peppers
- ◆ Roma Tomatoes
- ◆ White Table Grapes
- ◆ Carrots
- ◆ Kohlrabi
- ◆ Radishes
- ◆ Jack-o-Lanterns
- ◆ Green Cabbage



Clippings and Gatherings

Field Guide to Winter Squash

From Food to Live By Cookbook by Myra Goodman



Acorn, a small popular squash that weighs about one to three pounds, has a brilliant orange, slightly fibrous flesh with a sweet taste. It has a very tough rind; varieties may be green, white, golden, and multicolored.



Buttercup is a medium size squash weighing three to five pounds; it has orange flesh with a super-sweet, butter-rich flavor that's delicious baked.



Butternut, another popular squash, usually weighs two to five pounds. It's buttery-textured orange flesh has a nutty, sweet flavor.



Delicata is an heirloom squash that weighs in at around one pound. Its creamy flesh tastes similar to sweet potatoes; unlike most other winter squashes, its tender skin is edible.



Kabocha, also called Japanese squash, averages two to three pounds. It has a rich, honey-sweet flavor; and has a custard-like consistency when cooked.

Field Guide to Winter Squash, Continued



Spaghetti Squash has pale-yellow flesh that, when cooked, separates into long spaghetti-like strands, with a mild, slightly nutty flavor. Some varieties have orange-colored flesh, which is high in beta carotene.



Sweet Dumpling, a small squash weighing only about a half pound, has sweet and tender deep-orange flesh. The small size is perfect for baking individual servings.

From The Whole Foods Market Cookbook by Steve Petusevsky and Team Members

The large seeds from the inner cavity of the squash can be washed, dried, salted and then roasted for 10 minutes in a 350 degree oven until golden brown.

To roast a butternut squash; Preheat the oven to 400 degrees. Peel the squash. (A sturdy vegetable peeler works best.) Using a heavy knife, cut the squash in half lengthwise. Scoop out and discard the seeds (see above). Cut the squash into 1 inch cubes, and place in a medium mixing bowl. Add 2 medium onions, cut into small wedges, about 1 inch wide (2 cups), 3 Tbsp Canola Oil, 2 tsp salt, 1/2 tsp ground nutmeg, 1/2 tsp dried sage and 1/2 tsp freshly ground pepper. Mix the vegetables and spices until well coated. Place the squash mixture in a shallow baking pan. Roast until the vegetables are tender and golden brown, about 45 minutes, stirring occasionally. The squash should be firm, not mushy. Remove the pan from the oven and add 1/2 cup of dried cranberries. Toss lightly to blend.

From 3 Bowls Cookbook by Seppo Ed Farrey with Myochi Nancy O'Hara

Orange Ginger Spaghetti Squash: Preheat the oven to 375 degrees. Bring 6 to 8 cups water to a boil in a medium saucepan. Place 1 spaghetti squash that has been halved vertically and seeded cut side down in a baking dish. Pour 3/4 to 1 inch of boiling water into the dish. Bake for 1 hour and 15 minutes, or until you can easily scrape out and separate the long strands with a fork. The strands should be soft but still a bit crunchy. If the squash is not quite done, return it to the oven and check it again after 10 to 15 minutes. Carefully scrape all of the spaghetti-like strands into a large bowl. Mix in 2 large oranges that have been peeled, seeded, and diced along with the juices, 2 Tbsp of thinly sliced scallions (on the diagonal), and 1 3-inch piece of ginger, that has been peeled and grated. Add salt to taste and toss thoroughly. Garnish with another Tbsp of the scallions. Serve warm or at room temperature.

Recipes.....

Winter Squash Recipes.....

Roasted Winter Squash Soup

From Food to Live By Cookbook

3 to 3 1/2 pounds winter squash (such as butternut), cut in half and seeds removed
2 Tbsp olive oil, plus more for brushing on the vegetables
Coarse (kosher) salt
1 medium size garlic head
2 large leeks, both white and light green parts, rinsed well and thinly sliced (about 2 cups), or 1 cup thinly sliced yellow onions
1/2 cup thinly sliced carrots
6 cups low-sodium chicken broth
1/4 cup firmly packed brown sugar
Freshly ground black pepper
4 Tbsp (1/2 stick) butter, for garnish
1/3 cup toasted hazelnuts, chopped, for garnish

Position a rack in the center of the oven and preheat the oven to 375 degrees.

Brush the cut surfaces of the squash with olive oil and sprinkle salt over them. Place the squash, cut side down, on a rimmed baking sheet.

Cut the top 1/2 inch off the garlic head. Removed the loose, outer layers of the paper like skin, leaving the head intact. Brush the garlic with olive oil and wrap it in heavy-duty aluminum foil or a double layer of regular aluminum foil. Place the garlic on the baking sheet with the squash.

Bake the squash and garlic until the squash flesh feels tender when the tip of a knife is

inserted into it, 45 to 55 minutes. Remove the baking sheet from the oven and let the squash and garlic cool.

Heat the 2 tablespoons of olive oil in a large, heavy pot over medium-low heat. Add the leeks and carrots and cook, stirring occasionally, until the vegetables soften, 10 to 15 minutes.

Scoop out the squash flesh and add it to the pot with the leek mixture. Compost the squash rind.

Squeeze the garlic pulp from the papery skins. Add half of the roasted garlic pulp to the pot. Set the remaining garlic aside for another use (delicious spread on bread).

Add the stock to the pot and stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to low and let the soup simmer until the flavors meld, about 20 minutes.

Let the soup cool and puree it in a blender or food processor and return it to the pot. Reheat the soup gently over medium-low heat. Stir in the brown sugar and season with salt and pepper to taste.

Place a small skillet over medium heat. Add the butter and let cook until it turns a nutty brown, about 5 minutes.

Ladle the soup into warm bowls. Drizzle some of the browned butter over each serving and sprinkle the hazelnuts on top.