



**News and Things**

It's not too often I get a great photo of one of our staff, but this photo of our driver Mike is so awesome it has to be shared. Several weeks back, FoodWise (the folks who run the Ferry Plaza Farmers Market) had an event here for their volunteers. A big part of the fun that day happened because Mikey was slinging pizzas for a few hours. Hot work to be sure, the oven alone is fiery hot, but the temps that day were also pretty warm. And folks were hungry. If you have been here in past years when we have made pizza, you might have noticed that there is usually one person who takes to the pizza slinging rather well, and they end up cooking all day. Mike was quite the trooper that day.



did this very scientifically, of course, a blind tasting, and the big winner was the Waltham, so we have stuck with that one ever since.

The guys have been harvesting bin after bin of winter squash. It needs to be "cured", and can be done in the field if the temps are good enough. Basically curing means you cut the squash from the vine and let it sit in a well ventilated space for 7 to 10 days. During this time the skin will toughen, protecting the meat inside and

often the squash will repair or "heal minor wounds". Once cured, hard squash is good for 3 to 6 months, depending on how it is stored. We don't have a lot of options, ours are stored in these big bins in what was formerly our "event center" or big hoop house.

A week ago Jose sent me this photo of the guys planting baby Dragoon Lettuce. This is in field 9, I know that because at the top of the photo, past the cars, you can see the almond orchard next door. These transplants look pretty large, so I would guess we will have yummy mini-romaines in the not so distant future.



Coming out of the field at the moment is an assortment of winter squash. Our biggest planting is the Waltham Butternut,



but we also have Carnival and Pumpkins. I did order seeds for a few other varieties, but not sure if all or some of them were planted. Our number one squash is the Waltham Butternut. Overall, we have found it to be of superior flavor, with the bonus of a small seed pocket. You get a lot of meat out of these squash. Years ago we had a squash tasting here on the farm with a bunch of members. We

This year's pumpkin is New England Pie. I baked a pie with it last week and it was quite delicious. To be honest, I prefer roasted butternut for pumpkin pie. But we have have pumpkins available for those of you who would like to order them as extras. We also have the Carnival Squash, pictured below. This beautiful small/medium squash is a cross between a Sweet Dumpling and Acorn squash. The nice thing about Carnival, you

can eat the skin. I tried it recently and found it was quite good, but it did have to cook for a good long while and then the skin seemed to almost disappear.

Wanted to mention, we have a few tickets left for the Fall Feast coming up this Saturday! And don't forget the dinner at Rosemary's, here in Dixon, this Wednesday!



## A Few Tips For Winter Squash

I hate fighting with winter squash, so I pre-bake them for about 15 to 30 minutes, (depending on size) roasting until soft enough to cut in half, remove seeds and peel. Butternuts especially taste more delicious if you cut them into pieces and roast them that way. More surface area to caramelize gives you better and richer flavor. I will often do this step the day before while I am cooking something else that requires the oven. Another little tip, if you find a full sized butternut is too much for you, following all the steps, then freeze it! I have served squash many times that was frozen this way and no one ever knew. You can bag it up into portions that are more appropriate for just one or two people. A lot of people save the peel to add to the vegetable stock pot. I always wash them first, so whether you save the skin for stock or not, you're always clean:)

## Risotto with Roasted Winter Squash

Recipe by Martha Rose Shulman NYT Cooking  
I realize Risotto is not the simplest of dishes to cook, but it is an excellent one to master. I absolutely love a good risotto, and have made it a lot over the years, and I think I do a pretty good job of it too. There are a couple of things that are important to do when making it, first heating your stock is really important. And adding it slowly, bit by bit, allowing the rice to absorb the liquid before you add more is really the critical to achieve the right consistency. You can leave it as it is, a vegetarian dish, or you can add a little spicy sausage to it. Either way, I like to contrast the sweetness of the squash with some greens, like Chard or better still would be the Arugula. Chop up those leafy greens. If the greens are less hardy add them in about half way into the cooking process so they don't over cook or at the beginning if they are hardier. Make sure to chop the leaves pretty small, you don't want unruly long bits of greens hanging off your fork! The beauty of Risotto is, once you have the technique mastered, you can switch up the recipe in countless ways. For instance, this week you could switch out butternut squash and add chopped tomato and lunchbox peppers. I would roast the lunchbox peppers first for a richer flavor. Zucchini is great in risotto and would be really delicious with tomato or the peppers. If you have left-over risotto, the next day you can put a small cube of cheese into the middle of a risotto ball, roll it in flour then beaten eggs, then in seasoned breadcrumbs and fry in oil  
1 lb Butternut Squash (about 1/2 of a good-size butternut, for example), peeled, seeded and cut in 1/2 inch dice  
2 TB Extra Virgin Olive Oil  
7 to 8 cups Vegetable or Chicken stock, as needed  
1 small or 1/2 medium Onion  
2 large Garlic cloves, minced or pressed  
Salt to taste  
1 1/2 cups Arborio Rice  
1/2 cup dry White Wine, such as Pinot Grigio or Sauvignon Blanc  
1 tsp chopped fresh Sage  
1 to 2 oz Parmesan cheese, grated (1/4 to 1/2 cup), to taste

### This Week's Box

\*Cherry Tomatoes

\*Heirloom Tomatoes

\*Chard

\*Potatoes

\*Lunchbox Peppers

\*Arugula

\*Butternut

\*Apples

Zucchini

Bell Peppers

Onions

\*Box for 2

\* = Items in Box for 2

3 to 4 TB chopped fresh Parsley

Freshly ground Pepper

Preheat the oven to 425°F. Cover a baking sheet with foil.

Toss the squash with 1 tablespoon of the olive oil and spread on the baking sheet in an even layer. Place in the oven and roast for 30 to 40 minutes, stirring every 10 minutes, until tender and caramelized. Remove from the heat. Bring the stock to a simmer in a saucepan. Heat the remaining oil over medium heat in a large, heavy nonstick frying pan or a wide saucepan and add the onion. Cook, stirring, until the onion begins to soften, about 3 minutes, and add one third of the squash, the garlic, and about 1/2 teaspoon salt. Cook, stirring, until the onion is tender and the garlic fragrant, about 1

minute, and add the rice. Cook, stirring, until the grains of rice are separate. Stir in the wine and cook over medium heat, stirring constantly. The wine should bubble, but not too quickly. When the wine has just about evaporated, stir in a ladleful or two of the simmering stock, enough to just cover the rice and squash. The stock should bubble slowly. Cook, stirring often, until it is just about absorbed. Add the sage and another ladleful of the stock, and continue to cook in this fashion, not too fast and not too slowly, adding more stock when the rice is almost dry, for 20 to 25 minutes, or until the rice is cooked al dente. Taste and adjust seasonings. Add the remaining roasted squash and another 1/2 cup of stock to the rice. Stir in the Parmesan and parsley, and immediately remove from the heat. Add freshly ground pepper, taste one

last time and adjust salt. The rice should be creamy. Serve at once.

## Roasted Potatoes with Tomatoes & Herbs

Recipe found on [Happy Veggie Kitchen](#)

The original recipe called for sugar, but our tomatoes are too sweet already so I left that out.

1 lb Potatoes, halved

Pint Cherry Tomatoes, sliced in half

3 Tbsp Olive Oil, + more for roasting the potatoes in

1 Tbsp Balsamic Vinegar

4 cloves Garlic

1 handful chopped green herbs Or use an Eatwell Herb Salt-  
Preheat the oven to 90F. Parboil the potatoes in boiling water for 5 minutes. Drain, toss in olive oil (just enough for all of the potatoes to be coated) and scatter on a large baking sheet with lots of space between them. Place in the top shelf of the oven. In a large bowl, mix the cherry tomatoes with 3 Tbsp olive oil + the balsamic vinegar, and garlic until well combined. Pour into a deep roasting dish and add to the middle shelf of the oven. Allow to cook for about 35 minutes, until the potatoes are well browned and the tomatoes have caramelized and created a thick juicy sauce around them. If the tomatoes are finished first, remove from the oven and leave to sit covered until the potatoes catch up! Assemble. Place your potatoes on a serving dish or bowl, and spoon the tomatoes on top and around them. Serve immediately.