

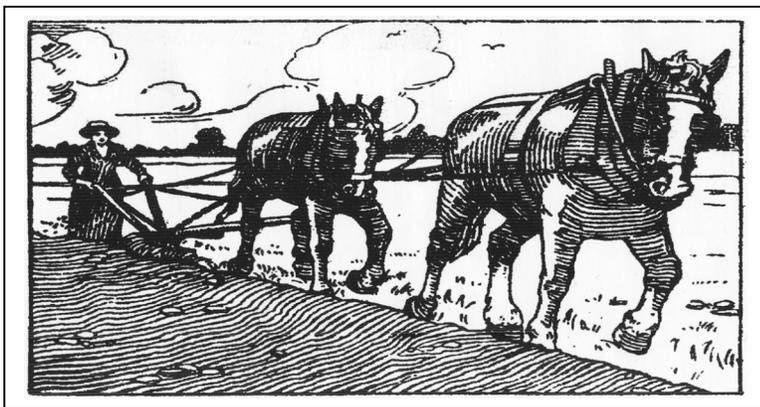
# North Creek Community Farm NEWSLETTER

Week Fourteen

Tuesday, September 16, 2014

## IN THE BAG:

Kale  
Potatoes  
Tomatoes  
Peppers  
Cilantro  
Garlic  
Broccoli  
Beets  
Hooligan winter squash



## About the vegetables:

“Hooligan” winter squash is something new this year. They are decorative and cute but they need to ripen in a sunny, frost-free location for several weeks before eating. A sunny windowsill will work. They are good by themselves, hollowed out and baked or they can be stuffed. Use your favorite, wild rice with raisins and nuts, sausage and bread cubes etc. Or, bake the squash, cut it up and add to the stuffing and heat as a casserole.

The broccoli is doing well. It's nice to have good fall broccoli. You may have noticed that they have worms. Soak them in water for at least 10 minutes to drown them out.

The beets are huge and will need to be cut up to cook. I tried to bake one and it took 4 hours! Cut them into pieces and steam them.

## Winter Squash

I love winter squash because with a little attention it will store for several months. Handle the squash gently. Remove any dirt and place it in the sun for a week or so. Don't let it get frosted. It will now store at around 50° for several months. In earlier times, squash was stored under the bed on newspaper. The little Hooligans don't last as long. The delicata squash, which is about 6-8 inches long and stripped, will get sweeter with age but won't last too much longer than thanksgiving. If you see small black dots developing on the squash, cook it up and freeze it.

## What next?

Mike called me early one morning. “Well,” he said, “have you seen the Spotted Wing Drosophila in your raspberries?” This new pest to our area is a blow. It has been moving across the USA since 2008. As a Cornell Extension publication described it, “females lack the wing and leg spots but are distinguished by their robust serrated ovipositor.” Basically, they have a pointed nose that is like a big saw. They use this saw to cut holes in unripe fruit and lay their eggs inside. Other fruit flies just lay their eggs in fruit that is already ripe. With the SWD, as the fruit matures, it becomes soft and has, well, not to be indelicate, maggots. They are tiny, but they ruin the fruit. So, long story short, no raspberries this year. There will be some to pick at the Harvest Festival but they don't last long enough to ship.

You are warmly invited to the  
**Fall Harvest Festival**

Saturday, September 27  
and Sunday September 28

10:00 a.m. - 7:00 p.m.

(Come either day)



The fall is a wonderful time to visit the farm. The leaves are turning and the drive alone is worth the trip.

Things to bring:

\*Bring snacks for lunch and we'll have a big soup at about 4:00 p.m. Please bring bread, cheese, desserts etc.

\*Bags and boxes for extra vegetables

\*Work gloves

If it is threatening rain, use your own judgment.

We'll be here.

(If you can't make these dates, but want some pumpkins, I will be at the farm on July 21 between 10:30 and 2:30. We can have a little potluck lunch.)

## Apartment For Rent at the Farm

Are you a writer? Retired? Nice one bedroom apartment available in the upstairs of the farmhouse. Beautiful location. Includes kitchen, bathroom, small bedroom and living room. Looking for someone quiet and considerate. Willingness to occasionally do chores important. Pets negotiable. WiFi and utilities included. \$450.00 a month. Contact Kate for more details.

## STUFFED SQUASH WITH SAUSAGE

### Ingredients:

2-4 small sweet dumpling squash or Hooligans  
2/3 lb chicken sausage (I used hot Italian, but mild is fine), casings removed  
1/2 cup whole wheat breadcrumbs  
1/4 cup parmesan, grated  
1 medium onion, diced  
2 stalks of celery, diced  
2 medium carrots, diced  
1 tsp red pepper flakes  
2 tbsp fresh parsley, plus more for garnish  
2 tbsp extra virgin olive oil

### Step-by-Step Instructions:

1. Preheat oven to 425
2. Cut tops of squash and scoop out seeds
3. Rub 1 tbsp of olive oil inside the squash and roast, face down, for 25-30 minutes, until soft. In a medium saucepan, sauté onion, celery, and carrot in remaining olive oil for 3-5 minutes
4. Add sausage and cook through, breaking up into small chunks, 4-6 minutes
5. Add sausage and vegetable mixture to a mixing bowl and set aside
  
6. Remove squash from oven and allow to cool for 10 minutes
  
7. Using a spoon, carefully scoop out roasted flesh and add to bowl with sausage mixture. Be careful not to pierce the skin of the squash. It must remain intact. Mix squash with sausage mixture.
  
8. Add breadcrumbs, cheese, red pepper and parsley and mix thoroughly
  
9. Carefully spoon filling mixture into the hollowed out squash. Pack it in with the back of a spoon
  
10. Bake stuffed squash for another 15 minutes, until filling starts to brown
  
11. Serve with parsley and black pepper

## **ROASTED BEET AND TOMATO SALAD**

### ***Ingredients***

- - 1 pound scrubbed small beets or large beets peeled and cubed
  - 2 pounds tomatoes, preferably heirloom
  - 1 pint cherry tomatoes
  - 1/4 cup crumbled feta
  - 1/4 cup fresh cilantro leaves
  - 1/4 cup extra-virgin olive oil
  - Salt and pepper

### ***Directions***

1. Preheat oven to 400 degrees. Seal beets in a foil packet. Roast on a rimmed baking sheet until tender, 75 minutes. When cool, rub beets with a paper towel to remove skins; if small or for large ones, just slice. Slice large tomatoes, and halve cherry tomatoes, then arrange with beets on a platter. Top with feta, cilantro, and olive oil; season with salt and pepper.