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The Dirt

Towne's Harvest Garden October, 2013



Towne's Harvest CSA Summer & Fall Share Week 13

Hello Everyone!

We are down to our last two weeks of the 2013 CSA and more crops are still being harvested from the frosty fields in the mornings. This week your newsletter is filled with delicious fall recipes that are sure to warm the body and comfort the soul. Those who garden, I have provided a website that will help you prepare your garden for winter, in hopes that you may have a productive garden for next year. Take care everyone, and I hope to see you all tomorrow night.

<http://www.motherearthnews.com/homesteading-and-livestock/preparing-your-vegetable-garden-for-winter.aspx#axzz2gX5HzjEW>

<http://voices.yahoo.com/20-tips-prepare-garden-winter-1810917.html>

Cheers,

Tim, Alex, and Chaz

CSA Celebration!

I wanted to post this announcement in advance to give our members plenty of notice. The last CSA will be on October 9th, and during that time we will have a harvest celebration! Towne's harvest will provide light refreshments and activities for all of our members and their families, as a way of celebrating another wonderful growing season in Bozeman. It is our way of saying thank-you for taking the risk of farming and helping us get our season started. Without your support financially operating our farm would be incredibly difficult. So come on out and celebrate with us!

Week 13 Produce

Pie Pumpkin

Pumpkins, like other squash, are thought to have originated in North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 BC, were found in Mexico. The word pumpkin originates from the word *pepon* (πέπων), which is Greek for "large melon". The French adapted this word to *pompon*, which the British changed to *pumpion* and later American colonists changed that to the word we use today, "pumpkin"

Pumpkin Pie

Ingredients

2 cups of pumpkin pulp
purée from a sugar
pumpkin
1 1/2 cup heavy cream or
1 12 oz. can of
evaporated milk
1/2 cup packed dark
brown sugar
1/3 cup white sugar
1/2 teaspoon salt
2 eggs plus the yolk of a
third egg
2 teaspoons of cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamon
1/2 teaspoon of lemon zest
1 good crust



Directions

To make pumpkin purée from a sugar pumpkin: start with a small-medium sugar pumpkin, cut out the stem and scrape out the insides, discard. Cut the pumpkin in half and lay cut side down on a rimmed baking sheet lined with aluminum foil. Bake at 350°F until fork tender, about an hour to an hour and a half. Remove from oven, let cool, scoop out the pulp. (Alternatively you can cut the pumpkin into sections and steam in a saucepan with a couple inches of water at the bottom, until soft.) If you want the pulp to be extra smooth, put it through a food processor. Mix sugars, salt, and spices, and lemon zest in a large bowl. Beat the eggs and add to the bowl. Stir in the pumpkin purée. Stir in cream. Whisk all together until well incorporated. Pour into pie shell and bake at 425°F for 15 minutes. After 15 minutes reduce the temperature to 350°F. Bake 40-50 minutes, or until a knife inserted near the center comes out clean. Cool on a wire rack for 2 hours. Note that the pumpkin pie will come out of the oven all puffed up (from the leavening of the eggs), and will deflate as it cools. Serve with whipped cream.

Sunchokes

Squash and Sunchoke Mac and Cheese

1/2 small butternut squash, seeded
2 medium sunchokes, peeled
12 ounces elbow macaroni
salt, to taste
1/4 teaspoon pepper
2 tablespoons unsalted butter
2 tablespoons all purpose flour
1 teaspoon Dijon mustard
1 3/4 cups nonfat milk
1/4 cup low sodium vegetable stock
4 ounces Muenster cheese, grated
4 ounces cheddar cheese, grated
1/2 cup whole-wheat breadcrumbs



Directions

Preheat an oven to 450 degrees. Prepare a baking sheet with a layer of aluminum foil. Lay the squash, cut side down, on the baking sheet. Add the peeled sunchokes to the sheet, place it in the oven and bake for about 25-30 minutes, or until the squash is tender when pierced with a butter knife. Scoop the squash's flesh into a large mixing bowl and mash it using a fork. Add the roasted sunchokes, mashing to incorporate them with the butternut squash. For the smoothest consistency, add the squash sunchoke mash to a food processor or blender and puree if desired. Place a large pot of salted water over medium-high heat. Cook the pasta according to package directions, or until al dente, drain, return to the pot, remove from heat and set aside to cool. Place a medium saucepan over medium heat. Melt the butter in the saucepan, then whisk in the flour and mustard. Continue whisking over medium heat for about 1 minute, then slowly add in the milk, stirring constantly. Bring the mixture to a simmer, lower heat to medium-low and keep simmering, whisking frequently, for 5-6 minutes, or until the mixture has thickened to the consistency of heavy cream. Season the sauce with the pepper and 1/2 teaspoon salt. Add the squash sunchoke mash, Muenster and cheddar, stirring with a wooden spoon until the cheese has melted. Pour the cheese sauce into the cooked macaroni, stirring to ensure all ingredients are evenly incorporated. Preheat your broiler. Pour the macaroni into a medium baking dish and top with the breadcrumbs. Broil for about 10 minutes, or until the bubbly with brown edges. Divide into 10 servings and enjoy!

Other Produce this week:

- Garlic
- Beets
- Onions
- Braising Mix
- Peppers
- Tomatoes

Delicata Squash

Classic Stuffed Delicata Squash with Quinoa

2 delicata squash
 1 cup uncooked quinoa, rinsed
 1 3/4 cups + 1/4 cup low/no sodium vegetable stock, divided
 2 tablespoons sunflower oil, divided
 1 cup diced onion
 1 cup chopped celery
 1 cup chopped baby portabellas
 1/2 cup chopped carrot
 1 tablespoon minced garlic
 1 tablespoon finely chopped sage
 1/2 tablespoon finely chopped parsley
 1 teaspoon dried thyme
 1/2-3/4 teaspoon salt
 1/4 teaspoon black pepper
 oil/salt/pepper for rubbing the squash



Directions

Squash:

Preheat your oven to 400 degrees and line a large baking sheet with parchment paper. Slice both squash lengthwise in half and lightly rub the inside and cut edge with oil and a generous sprinkle of salt and pepper. Place on the pan cut side down and roast for about 30 minutes. The edges will be golden brown and the flesh will be just tender. Keep your oven at 400* after the squash is done.

Quinoa:

While the squash is roasting place a pot over medium heat with 1 tablespoon of oil. Place your rinsed quinoa in the hot pot and stir for 2-4 minutes until lightly toasted. Add 1 3/4 cups vegetable stock and bring to a boil over med-high heat. Give 1-2 stirs after it boils then reduce heat to simmer and cover for 15-18min until the liquid is absorbed. Remove from the hot burner keeping the lid on for 10min. Fluff with a fork.

Stuffing:

While the quinoa is cooking, heat a large pan over med-low and add 1 tablespoon of oil. Once hot add the onion, celery, carrot, 1/2 teaspoon salt, and pepper stirring frequently for 12-15min. You're looking for a light golden brown color and a bit of give to the celery and carrot. Add in the garlic, sage, parsley, and thyme and stir for about 30 seconds until fragrant. Measure out 3 cups of cooked quinoa and add that to the pan along with the mushrooms and 1/4 cup of vegetable stock. Stir every minute or so until the mushrooms are cooked and the liquid is absorbed. About 6-8 minutes. If the mixture seems like it's drying out add a bit more veggie stock Taste and add more salt/pepper if desired. Fill your squash halves with the quinoa stuffing and bake for about 10 minutes. If you want the top a little crunchy you can place it under the broiler on high for 1-2 minutes watching closely. Top with fried sage leaves if desired. Serve as is or slice into quarters or thirds with a sharp knife and serve as a side dish, stirring them to coat, and simmer until mixture is heated through, about 2 minutes.