



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

September 17, 2009



Veggie List

Winter Squash

Leeks

Garlic

Tomatoes

Peppers

Lettuce

Cucumbers

Onions

Potatoes



NOTES FROM THE FIELD

Hard to believe that another CSA season is drawing to a close!! Especially when it is predicted to rise into the 90's today. However, our squash, beans and cucumbers were hit by frost last week. The browning leaves are the tell-tale mark of the coming of fall.

Speaking of fall... we are really excited to end our CSA with a mountain of pumpkins, some wonderful winter squash, yet more beautiful tomatoes and potatoes alike. Perhaps, you can warm up your pumpkin carving skills!!

Again, we really appreciate your participation in our CSA and I hope that it has been both an educational and enjoyable experience. I hope that you have eaten more vegetables that you expected... added vegetables to recipes you might not otherwise have dreamed of... shared vegetables with friends and neighbors... and tried something new from the produce category. In the next week or so... I too will miss our vegetables as I meander back into the produce aisles of our local groceries, again, with a new perspective on agricultural production. Above all, I hope you have come to, or renewed, your delight for the wholesome taste and sensual joy of fresh, healthy, food grown with care and pride.

SURVEY

We will be conducting an end of the season survey tonight at distribution. In an event to continually improve our program and service, please take a moment to share with us your thoughts and feedback.

FINAL MARKETS

If you really didn't get enough... we will have a market stand on campus this Friday, Sept 18 and next Friday, Sept 25 from 11 - 2PM by the SUB Ask Us Desk. We will also be at the final Bogart Market, Tues Sept 29th.

2010 CSA SHARES

Again, we've really enjoyed your support. We will offering pre-sales of 2010 CSA shares to previous members in March. Expect an email. If you have questions, feel free to contact us at townes.harvest@gmail.com



Winter Squash,

acorn, banana, butternut, delicata, gold nugget, hubbard, kabocha, orangetti, pumpkin, red kuri, spaghetti, sweet dumpling, turban

Recipe

Velvety Pumpkin Soup with Gruyere

This rich, velvety soup is worth the effort, and simply delicious on a cold winter evening.

- On 5-6 pound pumpkin
- 1/4 cup unsalted butter
- 1 large yellow onion, finely chopped
- 6 cups of chicken stock
- 1 bay leaf
- 1 1/2 cup light cream
- 2 tablespoons grated orange zest
- 2 tablespoons fresh orange juice
- 1 tablespoon lemon juice
- 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground ginger
- 3/4 pound Gruyere cheese, shredded (Swiss can be substituted if desired)
- Salt and white pepper
- 2 tablespoons finely chopped chives

Cut pumpkin in half and scoop out strings and seeds. Cut away hard peel. Coarsely chop pumpkin. You should have 8 cups.

In a large sauce pan, melt butter over medium heat. Add onion and sauté until golden brown, 4-5 minutes. Add stock, chopped pumpkin, and bay leaf. Bring to a boil, reduce heat, cover and simmer until tender, 15-20 minutes. Discard bay leaf.

Using a food processor, puree soup in small batches. Return to pan, and stir in cream, orange zest, orange and lemon juices, nutmeg and ginger. Reserve a handful of cheese, and sprinkle the rest into the soup, stirring over low heat until the cheese melts and blends in.

Season to taste with salt and pepper. Pour into a warmed tureen, individual bowls or pumpkin shells, and garnish with reserved cheese and chives.

Winter squash is a vegetable of variety!

Nutritional Facts

Serving Size = 1 cup (205 g)
 80 calories
 Vitamin A 7291.9 IU (145% DV)
 Vitamin C 19.7 mg (33% DV)
 Potassium 895.9 mg (26% DV)
 Dietary Fiber 5.7 g (23% DV)

Winter squash is high in nutritional value and low in calories.

Winter squash should be stored, uncut in a dark, cool place for up to 3-4 weeks. Cut winter squash can be stored in the refrigerator for two days in an airtight container.

Acorn squash with its smooth, mild flavor, is delicious stuffed and baked. It can be filling with spinach

soufflé, applesauce, or traditional stuffing, and baked until tender and the filling is hot.

Banana squash is delicious baked for 25 minutes then covered with melted butter, honey, and orange zest (1/4 cup butter, 1/4 cup honey, 1 tablespoon zest) and baked for 10 more minutes.

Butternut squash can be cooked and mashed with butter, plain yogurt, or orange juice.

Hubbard squash is tasty baked until tender and mashed. Top with caramelized sweet onions.

Spaghetti squash can be served like pasta. Bake at 375 degrees for 35 minutes. Scrape out interior and separate into strands. Spaghetti squash is also an excellent meat substitute for barbecue sandwiches.

Turban squash is mild and often sweet. It is similar to Hubbard squash in preparation.

Fun Facts

The yellow and orange flesh of winter squash is more nutritious and has more complex carbohydrates, such as beta carotene, than summer squash.

Winter squash differ from summer squash in that they have hard skin and inedible seeds.

Winter squash can be served both as savory entrée and as a sweet dessert.

Native Americans viewed winter squash with such high respect that they buried it along with their dead to provide nourishment on their final journey.

