

# THE WSU ORGANIC STANDARD



## When the Warm Weather Lingers

Since our last newsletter declaring the beginning of fall, it seems we've had a "second summer". The near record heat of early September has greatly helped to make up for our cool early summer months and allowed many of our late summer and fall crops to mature, or at least get close to it. It still is obviously an off year when, at this late date, the fall raspberries are just starting to come on. Usually we see the Heritage, known for being a late producer, come on the last week in August and then continue strong through the early first frosts. That alone still puts us a solid three weeks off normal. Many of our winter squash varieties are also just finishing, and thanks to the latest round of warm weather, will be now appearing in the boxes. We will continue to have squash and/or pumpkins in the shares for the remainder of the season.

After having some trouble last year with some of the winter squash not maturing completely, again due to the colder than normal summer, we have tried some new varieties. Last week you received one of the standards, Sweet Dumpling, a small white and green striped squash that is a prolific producer and quick to mature. We did change to a smaller Butternut variety called Hunter that seems to be just crossing the finish line. It's quite a bit smaller and, again, more prolific than the larger variety that we've grown in the past. We also changed to a different Spaghetti squash and added a new one that we trialed last year called Speckled Hound. To round out the list, you will also see Acorn, Delicata, and Latah Orange.

Until we receive our first frost, all the squash and pumpkins will remain in the field and on the vine. This insures that the squash will be as close to maturity as they can. Once the first killing frost hits, we will quickly harvest all the remaining winter squash and move them to one of the hoopouses for curing. This is an important step to insure the squash will keep well into the winter months if you choose to hold onto them. I'll talk more about which varieties do best in storage as we get closer, but the best thing to do to keep them safe is place the squash, cleaned of any dirt, in a warm dark spot in your house. We find a closet or loft with regular temperatures of around 60 degrees works great. (Continued on next page...)



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As for the pumpkins, it's time to start thinking about the Fall Harvest Festival! Saturday October 8<sup>th</sup> will be the big day this year for our annual U-pick pumpkin patch, corn maze, wagon rides, fresh cider, and guess the weight on the giant pumpkin. The jack-o-lanterns and pie pumpkins did great this year and you will all receive one of each before the Festival. The event is free to the public and a great way to spend a Saturday in October at the farm. Our giant pumpkin and specialty pumpkin selection is better than ever this year so be on the lookout for these fun vegetables!

~Brad

### Some Late Summer Goings On~

*Earlier this summer we started crops in the shade structure to be transplanted later for fall production. Over the last month, we've been getting those plants into the ground.*

*The broccoli was first in, followed by lettuces, kohlrabi, and cabbages. After getting them in the beds we immediately give them a nice drink of fertilizer, put the irrigation drip lines on, and cover the plants with a floating row cover. These crops are doing great and beginning to appear in your boxes now!*



### Storage Tips for Winter Squash:

Winter Squash should be stored in a cool, dark area (55-60 degrees) such as a basement, cellar, or closet. Take care to store squash in a single layer on a table or shelves to minimize bruising (as bruises invite rot). Storage times depend on the type of squash:

Acorn – 2-3 mos. Butternut – 5 mos.

Pumpkin – 3 mos.

Spaghetti – 2-3 mos.

# Recipes for Winter, with Squash, that You Can Make with Squash in Winter or Just Before....

## Baked Acorn Squash Crescents

Baked or roasted winter squash is a pretty standard preparation. It's very good served with a rice or quinoa pilaf, sesame seasoned tofu, or chicken or fish.

This particular recipe is courtesy of The Moosewood Collective's *Simple Suppers: Fresh Ideas for the Weeknight Table* (Clarkson/Potter Publishers, 2005).

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 acorn squash              | sprinkling of nutmeg or cinnamon |
| 2 tablespoons melted butter | (optional)                       |
| 2 tablespoons brown sugar   |                                  |

Preheat the oven to 400°. Lightly butter a 9x13-inch baking pan. Using a long sharp knife, cut the squash in half lengthwise. Remove the seeds and cut each half crosswise into ½-inch slices. Arrange the squash slices in a single layer in the prepared baking pan.

Bake for 15 minutes, until softened. With a spatula, turn over the squash slices and brush on the melted butter. Sprinkle with brown sugar and with nutmeg or cinnamon if you wish. Return to the oven for 5 minutes more, then serve.

## Three Sisters Burrito Filling for Six Burritos

Accompany with cheese, sour cream, salsa, or other favorite burrito condiments. Even though I have a weakness for a soft white tortilla, when making 3 Sisters Burritos, whole-wheat tortillas can not be beat. This recipe comes from *Rebar Modern Food Cookbook* (Big Ideas Publishing, 2001).

|   |  |
|---|--|
| 3 pounds butternut or other winter squash (not spaghetti) | 1 ½ cups corn, fresh or frozen                 |
| 1 tablespoon vegetable oil                                | 1-14 ounce can pinto beans, drained and rinsed |
| 1 ½ teaspoons ancho chile powder                          | ½ bunch cilantro, stemmed and chopped          |
| ½ teaspoon salt   | 2 teaspoons chipotle puree*                    |
| 1 tablespoon maple syrup                                  |  |
| juice of ½ lime   |  |

Pre-heat oven to 375°. Peel and seed the squash and chop into ¾" cubes. Toss cubes with oil, ancho chile powder, salt, maple syrup, and lime juice and spread out in a glass baking dish. Roast for about 10 minutes, then add the corn to squash, stir, and roast 10 minutes more, until the squash is tender. Transfer the squash/corn mixture to a large bowl. Toss in the beans, cilantro, and chipotle puree. Season to taste and use for burritos.

\*To make chipotle puree, simply run the contents of 1 7-ounce can of chipotle chiles in adobo sauce through your food processor until smooth. The puree will last, refrigerated, for at least a month, or you can use ice-cube trays to freeze 1 tablespoon portions (once frozen, transfer from the cube tray to a Ziplock for continued storage).

# And One (Recipe) More...

## Sweet Roasted Winter Squash and Greens Over Bow-Tie Pasta

This recipe is adapted from *The Splendid Table's How to Eat Supper* (American Public Media, 2008).

3-3 ½ pounds winter squash (not spaghetti), peeled, seeded, and cut into bite-sized chunks

1 medium onion, cut into 1-inch chunks

2 big handfuls dark leafy green, such as Swiss chard, curly endive, or spinach, washed, dried, and torn into small pieces

1/3 tight-packed cup fresh basil leaves, torn

16 large fresh sage leaves, torn

5 large garlic cloves, coarse chopped

1/3 cup extra virgin olive oil

¼ teaspoon red pepper flakes

1 tight-packed tablespoon brown sugar

salt and fresh ground pepper

1 pound imported bow-tie pasta

½ cup half and half.

1 to 1 ½ cups shredded Asiago cheese

Preheat oven to 450° and bring a pot of water to a boil for pasta. In a big bowl, toss together all the ingredients for the roasted vegetables. Be generous with salt and pepper. Spread the vegetables over an oiled baking pan and roast in the oven for 25 minutes, gently stirring the vegetables occasionally. As the squash becomes tender, begin cooking the pasta.

Once the squash is tender, turn on the oven broiler to caramelize it. Watch the vegetables closely that they don't burn. You want crusty brown edges on the squash and wilted, almost crisp greens. This will take about 5 minutes.

Scrape everything into a bowl. Add the half-and-half, the hot pasta, and 1-cup of cheese. Toss to blend, tasting for salt and pepper. Add more cheese if desired. Serves 4 to 6.

