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Box #19
Odd Week
1 November 2017

Contents
Dill
Beets: Orange
Broccoli Raab
Brussels Sprouts
Garlic
Kohlrabi
Onions: Red
Peppers: Bell, Carmen
Potatoes: French Fingerling
Winter Squash: Butternut

New Stuff: Brussels sprouts, butternut squash
Choice Box: peppers, etc.

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. This is why they're one of the last vegetables you buy at the farmer's market. Ours have been thru 3 frosts. So far. Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest, but will keep for a week or longer in the crisper drawer in your fridge. To store, snap the sprouts from the stalk and place them in a plastic bag. Before cooking, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Despite some chef's claims, I do not find they cook faster if you cut an X in the bottom. Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.
Butternut squash has everything going for it: the flesh has a moist, fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. Generally, winter squash is high in vitamin A, potassium, fiber and complex carbohydrates. Store winter squash at room temperature and it will keep for at least a month. If you have a cooler spot (50-55 degrees) that's also dry, store it there. Check any squash you want to keep for damage. If you find any, plan to use that squash soon as that spot will deteriorate first.
Butternut squash is very versatile. It's excellent baked, steamed or in a stir-fry. To bake, wash the outside, cut off the stem and cut the squash in half lengthwise. **Do Not Remove The Seeds**—they add flavor. Put the cut side down on a sheet pan lined with aluminum foil, and bake in a 350 degree oven until the squash is soft when you poke it. Scoop out the seeds when it's cooled. Butternut can also be used in place of pumpkin to make pies and cakes. Puree the cooked squash in a blender or use a hand blender before measuring so you'll have a nice, smooth texture.

Curried Squash Soup *Serves 4-6*
In a large saucepan, over medium heat, put:
2 Tbsp. butter
1 onion, diced
-Sauté until the onion is transparent.
Add: 2 cloves garlic, minced
2 tsp. ginger root, peeled and minced
1 Tbsp. curry powder
½ tsp. salt
-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.
Add: 4 cups chicken or vegetable broth
1, 2 lb. squash, peeled, seeds removed, cut into ½" dice
2 ripe pears or apples, peeled, cored, cut into 1" pieces
-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.
Add: ½ cup heavy cream
Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it. The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. Substituting apples for the pears takes it in another direction.
Some of the orange beets are rather large: don't let that bother you, they will be quite tender.

Creamed Greens
In a large pot of salted, boiling water, put:
1 bunch greens, washed and coarsely chopped (broccoli raab, turnip, collards, kale, chard, mustard, rutabaga, etc.)

-Boil for 3-4 minutes, drain, then run cold water over them to stop the cooking. Let drain again, getting as much liquid out as possible.
In a large saucepan or 10" skillet, over medium heat, put: 1 Tbsp. olive oil (if bacon is lean)
4 oz. bacon, cut into ¼" slivers
-Sauté until bacon starts to crisp.
Add: ½ cup onions or leeks, cut into ¼" dice
1 Tbsp. garlic, minced
-Sauté until onions/leeks are soft.
Whisk in: 2 Tbsp. all-purpose flour
1 tsp. paprika
-Sauté for 1-2 minutes, long enough for the paprika to toast a bit.
Whisk in: 1 cup whole milk
1 cup heavy cream
Cook, stirring often, until mixture begins to boil. Add blanched greens, reduce heat to a simmer and cover. Cook, stirring often, until greens are tender.
These are the last peppers of the season. We picked them before the first frost, so they've been in our cooler for several weeks. Use them up soon or freeze them for later.
French fingerling potatoes have red skins, white flesh and a velvety texture. You're getting a variety of sizes in the bags. Keep an eye out for very dark red to greeny-red patches, and cut or peel that off—it's bitter. This patch is where the potato got too close to the sun and started to photosynthesize. We let a few large potatoes with small greeny-red patches go into the bags because there's so much usable potato there compared to the small amount of skin you'll trim off.

Field Notes

Monday was a blustery day with periods of rain and snow/sleet. And cold. Chuck and I covered the dill, beets, lettuce and spinach with row cover to protect them from temperatures that might have dipped into the low 20's that could have damaged their leaves. So far, everything we covered looks good.

Here's what's going to be in the Winter Storage Box this year:

Basic Winter Storage Box

Beets, Orange	3 lbs.
Cabbage	1 @ 3-4 lbs.
Carrots, Orange	5 lbs.
Garlic	5 Lg. bulbs
Potatoes, White	5 lbs.
Onions, Red	3 lbs.
Onions, Yellow	3 lbs.
Butternut Squash	2 @ 3-5 lbs. each

The cost of the basic Winter Storage Box will be $50.

In addition to the basic box, you can also order the following extra items:

Beets, Orange	3 lbs.	$5.00
Beets, Red	3 lbs.	$5.00
Brussels sprout stalk	1 med.	$4.00
Cabbage	1 @ 3-4 lbs.	$3.00
Carrots	2 lbs.	$4.00
Garlic	5 lg. bulbs	$6.00
Kale, green curly	1 bunch	$2.00
Onions, red	3 lbs.	$4.00
Onions, yellow	3 lbs.	$4.00
Potatoes, French fingerling	3 lbs.	$4.00
Potatoes, red	3 lbs.	$4.00
Squash: Candy Roaster		*sizes & price*
Squash: Queensland Blue		*to be*
Squash: Spaghetti		*determined*

The Candy Roaster squash is a very large winter squash that gets sweeter the longer you store it. Once you cut into any winter squash, you need to use it up within the week. During storage, look all squash over for signs of rot or mold. If you find any, try to use it up soon, removing the area that's bad. We'll have weights and prices on these squash by next week.
You can order your box online in Ecommerce starting Thursday, Nov. 9th. You can also order more than 1 box as well as multiple extra items.
We'll deliver them on Monday, Nov. 20th.
We are still working on which pickup sites we'll be able to deliver to on Nov. 20th. Some sites use an open porch, which is not a safe place to leave boxes of vegetables in late November, so we want you to get your box from inside a structure, say a garage, or possibly even from inside a house. Here are the pickup sites we know for sure are available:

Delafield
Full Harvest Farm
Menomonee Falls
Racine
Sussex
Waukesha

-and all our corporate sites. We'll have a more complete list next week.

Stay warm!
Terry & Chuck