

Happy Hollow Farm CSA

Week of November 8th, 2010
Week 24 CSA Distribution

Veggie of the Week

Butternut Squash

I know most of you are probably familiar with this common winter squash but I thought I might tell you some interesting squash facts and share a great winter squash recipe with all of you.

Winter squash is a summer-growing annual vegetable, representing several species within the genus *Cucurbita*. It differs from [summer squash](#) in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties of this fruit can be stored for use during the winter. It is generally cooked before eating. Most winter squashes average around 90-100 days to mature so they are growing for quite a long time before they are ready to be harvested.

I wasn't super adventurous with the varieties of winter squash that I grew this year but there are so many different ones that I am looking forward to trying out some new and unusual ones next season. Maybe we'll plan a late fall winter squash tasting party.

Farm Happenings

Remember back a few weeks ago (October 19th to be exact) when the Deputy Under Secretary of Agriculture visited the farm with some of the big wig NRCS state officials? Well, I got some pictures in the mail yesterday and have posted them on the website. Some of them turned out really great! We haven't taken the time to take a lot of pictures yet this fall so I'm glad to have these.

The last week has been very full! Although it seems like it should be fall with winter close behind the weather has been incredible which makes me feel obligated to take advantage of the nice weather. I've even had to irrigate twice in the last week. Can't say that happens much this time of year.

Lots of general cleaning up, taking down tomato trellising, sowing more cover crop seed, organizing in the barn, still feeding the bees (almost 1 gallon of sugar water every 3-4 days), mulched the winter leeks. I hope to be ready to pull up drip tape in most of the permanent beds and in the fall growing fields later this week. Then I can cultivate the larger field and hopefully get some winter rye and hairy vetch planted before the predicted rain later this week.

Happy Hollow Farm's Weekly Newsletter...

This is the second to last week of the regular 2010 CSA season. I am planning to send out a survey next week in lieu of the regular newsletter. I look forward to your feedback (of all sorts!). This is your Community Supported Agriculture farm and without your input I cannot make it all that you hope it to be. Happy eating!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Chinese Cabbage	Yes	Plastic bag	1 wk	
Garlic	No	Counter	1-2 wks	
Head Lettuce	Yes	Yes	1 wk	Rouge d' Hiver (Red Romaine)
Kale & Swiss Chard Mix	Yes	Plastic bag	1 wk	
Leeks	Yes	Crisper	1-2 wks	
Winter Squash, Butternut	No	Counter	2-3 wks	Check out this week's recipe!

Recipe Corner

Just the beginning of some of our favorite recipes are available on the Recipes Page of the www.happyhollowfarm-mo.com website. More recipes will be added each week!

Butternut Squash Soup with Roasted Red Pepper Puree

(6 main course servings) (November 2003 Gourmet Magazine)

- 2 tablespoons olive oil
- 2 ¼ cups chopped onions (could also use leeks instead of onions)
- 4 garlic cloves, minced (in your share this week)
- 1 2½ -pound butternut squash, peeled, seeded, cut into 1-inch pieces (in your share)
- 5 ½ cups (or more) vegetable broth
- 3 teaspoons chopped fresh thyme
- ½ teaspoon grated orange peel

The roasted red pepper part is optional, but very delicious!

- 1 cup coarsely chopped drained roasted red peppers from jar
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, chopped
- 1/4 teaspoon dried crushed red pepper
- Puree all ingredients in food processor and set aside

Heat oil in heavy large pot over medium-high heat. Add onions, sauté until tender, about 12 minutes. Add garlic; stir 1 minute. Add squash and 5 ½ cups broth; bring to boil. Reduce heat; cover and simmer until squash is soft, about 40 minutes. Cool slightly.

Working in batches, puree soup in blender until smooth. Return puree to pot. Add 1 teaspoon thyme and orange peel. Thin soup with more broth if desired. Simmer 3 minutes. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and chill. Rewarm before serving, thinning with more broth if desired.)

Ladle soup into bowls. Swirl 1 tablespoon Roasted Red Pepper Puree into soup in each bowl. Sprinkle with remaining 2 teaspoons thyme and serve.