

BATTLE CREEK GARDENS

CSA Newsletter

IN THIS BOX:

Zesty Salad Mix
Watermelon
Cantaloupe or Honeydew (Assorted)
Tomato
Potatoes- All blue
Beets-Detroit dark red
Basil
Kale- Lacinato or Red russian
Winter squash- Buttercup

PRODUCE



FRESH

Recipe of the Week

Stuffed Buttercup Squash

Ingredients

1 (6 ounce) package long grain and wild rice mix
2 1/3 cups vegetable broth
1 teaspoon rubbed sage
1 teaspoon dried thyme
2 celery ribs, chopped
1 medium onion, chopped
2 cloves garlic, minced
1 tablespoon olive oil (or water)
1/2 cup toasted, coarsely chopped pecans
2 tablespoons minced fresh parsley
1 Buttercup squash
3/4 cup water

Directions

In a large saucepan, combine the rice with broth, sage and thyme. Bring to a boil. Reduce heat; cover and simmer for 23-25 minutes or until rice is tender and liquid is almost absorbed. Meanwhile, in a large skillet, saute celery, onion and garlic in oil (or water) until tender. Stir in pecans and parsley. Remove from the heat. Stir in rice mixture. Cut a hole in the top of the squash, like you would a pumpkin. Remove and discard seeds and membranes. If needed, cut a thin slice from the bottom so the squash sits flat. Fill squash with rice mixture. Place in a greased baking pan. Pour water into pan. Coat one side of a large piece of heavy-duty foil with nonstick cooking spray. Cover pan tightly with foil, coated side down. Bake at 350 degrees F for 50-60 minutes or until squash is tender.

Happenings on the Farm

The farm got a haircut this week when Larry mowed a section of the wheat in the field. The wheat was planted in the spring as a cover crop in the area we would not be farming this season. Cover crops are intended to increase soil fertility and replenish nutrients in the soil which can be expended with repeated farming.

We hope you enjoy your box this week. Next week will be the last box of the season. **PLEASE return all of your boxes next week as it will be the last pick up.** Have a great week and Bon Appetite!

Your farm crew,

Larry, Michelle, Matt, Deidre and Jordan

About This Week's Produce

Watermelon Yep, that's right! Another melon! You better enjoy these sweet, juicy treats while they are around! This week you will be enjoying a *Sugar Baby* melon. A smaller "icebox" variety perfect for storing in the refrigerator! The rind is green with darker green stripes, while the flesh is a luscious red color with excellent flavor! If you're having trouble eating all of the melon try cutting it into about 1/4-1/2 inch slices and throwing it in the dehydrator. What a sweet treat for packing in lunches or snacking on the trail!

Cantaloupe or Honeydew will be an assortment of melons this week. They are the last of the harvest from the field so this will be the final one in your box. Enjoy!

All Blue Potatoes are by far the most widely grown of all blue/purple-fleshed varieties. In other parts of the world they are known as Congo and Blue Marker and are very popular in Scandinavia, served mashed. Terra Chips uses it to make its famous blue potato chips. All Blue is currently being studied in Europe and North America to determine its capacity to fend off human disease and aging with the antioxidants in the natural blue pigments of its flesh and skin.
(source:http://www.tuckertaters.com/p_d_all_blue.html)

Kale *Lacinato* kale is a delicious, almost meaty kale. It is also called dinosaur kale. This may be due to the large size that the plant and leaves mature to, or it may be because the texture of the leaves resemble dinosaur skin. It is a great kale for cooking or for fresh salads. *Red Russian* kale is a tender leaf kale that makes an excellent salad. The purple rib of the leaf gives it just a hint of color for added appeal.

Buttercup Squash is a terribly delicious winter squash. It has a sweet meat, much like a butternut, but resembles a green pumpkin. It is great stuffed or roasted and can be paired with both sweet and savory foods.