

# Lettuce Connect

## East Farms CSA Newsletter

September 27, 2004

### Message from Jeremy

Frost hit our tomatoes this week. The tomatoes that were protected lower down by leaves were not affected. Expect to see more tomatoes in your box.

It is sad to see the season end, but our last week of deliveries will be the week of October 11<sup>th</sup>. On the last two deliveries I expect to load you up on potatoes, onions and winter squash.

### Care and Storage

A squash is a squash or is it? Those colorful squash you should find in your box this week are Carnival (orange & yellow) and Dumpling (green & white).

Winter squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degrees) but not cold location.

Bruised or damaged squash will deteriorate more quickly so use them first.

### Vegetable History

Eggplant is a curious but beautiful vegetable. It is related to several other garden vegetables such as the potato, tomato and pepper. Many, many varieties exist, including varied shapes, sizes and even colors. Most commonly the oblong smooth deep purple skinned eggplants are cultivated and marketed. Increasing in popularity is also the longer thinner asian style eggplant. Fortunately, eggplant varieties are interchangeable in recipes.

### Upcoming Events

The date is set for October 9<sup>th</sup>. The patch is in West Layton. It is the last field on 2200 west before you get to the bird refuge. More specific directions will follow in upcoming newsletters, so stay tuned.

## Cooking Tips

Winter squash come in a variety of colors, shapes, sizes and textures. Despite the diversity in looks, most winter squash are similar on the edible inside. The flesh of the squash, except for the unique spaghetti squash, tends to be orange-ish in color and mild and sweet in flavor. Most winter squash are interchangeable in recipes.

## Featured Recipes

### Winter Squash Waffles with Brandy Cream

1 ½ cups flour  
1 tbsp baking powder  
1 ½ tsp ground cinnamon  
1 tsp ground ginger  
½ tsp freshly grated nutmeg  
1/8 tsp ground allspice  
3 eggs, separated  
1 cup milk  
1 ½ cups cooked, mashed squash  
1 tbsp sugar  
1 tsp vanilla  
1/4 tsp grated orange zest  
1/4 cup butter, melted  
1 cup whipping cream  
1 tbsp brandy  
½ tsp sugar

Preheat waffle iron. In a bowl, sift together the flour, baking powder, cinnamon, ginger, nutmeg, and allspice and set aside. In a separate bowl, beat the egg yolks until lemon colored. Add the milk, squash, sugar, vanilla, and orange zest and blend together. Stir in the melted butter. Combine the dry ingredients with the squash mixture and set aside. In a ceramic or glass bowl, beat the egg whites until stiff peaks form. Gently fold the egg whites into the batter. Cook the waffles according to the instructions for your waffle iron.

To make the topping, in a chilled bowl beat the cream until it forms stiff peaks. Gently fold in the brandy and sugar. Top the hot waffles.

Makes 4 large waffles.

The City Gardner's Cookbook

## Making Contact

If you have any questions, concerns or comments, please contact Jeff Williams at (801) 263-3204 ext. 104.