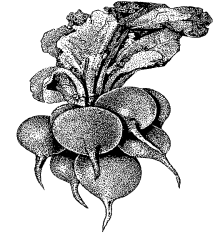




# Lettuce Connect

## East Farms CSA Newsletter



October 4, 2004

### Message from Jeremy

I know that this season is not over yet but I am looking toward the future. Is there anyone that would like to be a drop off point next year? Please call me at 557-6232 if you are interested. We may be doing different days for different parts of the valley next year.

Our last drop off for the year will be next week. I hope you have all enjoyed your produce and I look forward to continuing with the CSA next year.

### Care and Storage

I am hoping to include apples either this week or next. They will be sweet eating apples of various varieties including Gala. They won't be too good for pies.

Store apples in a cool dark place. They do well in a plastic bag and stored in the refrigerator.

### Vegetable History

Unlike summer squash, winter squash was not grown in North or Central America before European colonization. Originating and flourishing first in South

America, winter squash finally found its way north and by the early to mid 1800's was a staple product. It was then cultivated in New England as necessary winter storage food.

### Food For Thought

Apples are a good source of Vitamins A and C.

Lovely indeed is the cold, bright green, perfectly cooked bean in a salad, but don't toss it in until shortly before serving because too long a dressed wait will fade its beautiful color. (Thanks Julia Child for the sage advice).

### Upcoming Events

Saturday will be our last event of the year. Come pick your own pumpkin. The field is located at 261 So. 3200 W. in Layton. Take the first Layton exit and turn left at the light. Go over I-15 onto Main street then left onto Gentile. Continue on for a couple of miles. Turn left on 3200 West. If you get to the bird refuge, you have gone too far. It is the last field before the refuge. Come out and share some fun.

## Featured Recipes

### Boil-Steamed Butternut Squash

1 ½ lb butternut squash (or other hard yellow-fleshed squash)  
salt  
2 tbsp butter, optional

Halve the squash (using a mallet and cleaver if necessary), and scrape out all seeds and stringy parts. Cut off the hard outside peel. If you are to serve the squash simply as is, cut the flesh into neat ¾ inch chunks; otherwise cut it into rough pieces.

Fill a saucepan with enough water to come halfway up the squash, bring to the boil, and add ½ tsp of salt and the optional butter. Toss up once or twice, cover the pan, and boil 8 to 10 minutes—adding more liquid if needed, until the squash is tender. If it is done and liquid remains, uncover and boil it off. (Cooked this way, no flavor escapes: it is all reabsorbed into the squash.)

Serving suggestions:

With herbs and butter. Just before serving, toss the squash gently with a little butter and chopped fresh chives or parsley.

Purée of yellow squash. Purée the cooked squash in a food processor or vegetable mill. Stir several minutes over moderate heat in a heavy bottomed pan to evaporate excess moisture. Then blend in as much butter and/or cream as you deem fitting.

Season carefully to taste.

As a variation, mix in some mashed potatoes.

The Way to Cook, Julia Child.

## Making Contact

Look for a survey next week concerning the CSA. We really appreciate your comments and feedback.

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