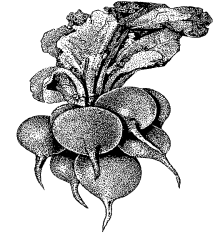




Lettuce Connect



East Farms CSA

Newsletter

October 13, 2005

Message from Jeremy

Thanks to everyone that came out for the pumpkin picking event. I hope everyone had a great time.

Next week will be our last delivery. I hope everyone has enjoyed the season!

Community

This is the last week of the Pioneer Park Farmer's Market. Pick up any last minute items for winter storage. Check out the Slow Food Utah and Wasatch Community Gardens booth to find out more about preserving the harvest.

Care and Storage

Because potatoes seem almost indestructible compared with other vegetables, little thought is generally given to their storage. Potatoes

stored in a cool dark place remain firm without sprouts and are crisp and moist when cut. Make sure that you do not store your potatoes in the vicinity of your onions. The onions emit a gas that spoils the potatoes.

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

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.

Its excellent storability and nutritive value make winter squash an important fall and winter vegetable for the seasonal eater. Still today, winter squash boasts ten times the vitamin A content of its summer squash relations, as well as being an excellent source of potassium. Winter squash is high in fiber and complex carbohydrates, and its versatility means that sweet warming squash will find its way into your heart and your tummy.

Cooking Tips

1 lb. Trimmed squash equals 2 cups cooked squash.

Boil or steam 1 ½-2" chunks for 15-20 minutes, or until tender as desired. You may peel the squash before or after. It is easier to peel after cooking but must cool first.

Mash cooked squash and top with butter and brown sugar. Serve hot.

Featured Recipes

Leek & Potato Soup

Leeks are the secret ingredient behind the rich flavor of this hearty fall soup.

Melt 4 tablespoons butter with 4 tablespoons olive oil over medium heat.

Add 4 cups coarsely chopped Leeks.

Cook 5 minutes, stirring frequently.

Add 4 cups chopped potatoes.

Season with salt and freshly ground pepper.

Add enough water or stock to cover and simmer on low heat until potatoes are soft, about 45 minutes.

Remove from the heat, puree in a blender, adding 1/2 cup cream, if desired.

Winter Vegetable Stew

2 tbsp olive oil

2 cups chopped onions or leeks

2 cups diced potatoes

1 ½ cups diced carrots

1 ½ cups diced turnips

3 cups vegetable broth

1 ½ cups peeled, diced winter squash

1 bay leaf

2 tsp fresh savory, minced

1 tsp fresh thyme, minced

1 ½ cups cauliflower florets

2 cups peas

2 cups cooked barley

2 tbsp freshly grated Parmesan cheese

In a skillet, saute the onions or leeks in the oil until tender. Add the potatoes, carrots, and turnips, then stir in 1 cup of the broth. Continue

cooking on low heat for 10 minutes. Add the squash, bay leaf, savory, and thyme and cook for 5 minutes. Stir in the cauliflower and remaining broth and cook for 10 minutes. Finally, add the peas and barley and cook for an additional 5 minutes. Remove from heat, let stand 10 minutes, and serve topped with Parmesan.

Serves 8-10.

The City Gardener's Cookbook, Pierce et al.

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 298-5669.