

THE REROOT REVIEW

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NOTES FROM THE FIELD

Happy Thanksgiving!

Here at reroot, we are thankful for the bountiful harvests that continue to delight us each week, and for the slowing pace of work that is allowing us more time to catch up on our non-farm-related lives.

We received our first killing frost in the early morning hours of October 7th, which is later than usual for this area. We are grateful for the extra weeks we were able to provide you with sensitive crops, and are now content to see them depart from the harvest list. The frost also allowed us to

disc in much of this year's garden to prepare it for cover cropping over the winter.

This is not to say however, that there is a shortage of vegetables for the remaining weeks of the CSA pick-up...much to the contrary. Still growing strong in the garden are our hardy crops such as kale, leeks, Brussels sprouts, parsnips, carrots, beets, spinach, celeriac and more. In addition to this, we have an unbelievable number of squash and pumpkins coming your way that were harvested this past weekend at our 1st Annual Squash Toss.

The Squash Toss was a great success, with some dedicated and hard-working CSA members out in full force. We were able to fill 2 wagon-loads of squash in the field and then store them safely away in the greenhouse to cure. Thanks to everyone who made it out for the tossing and the feasting afterwards...we couldn't have done it without you.

Happy eating this week. We hope you enjoy a festive holiday of good food, friends and family.

~caitlin

THIS WEEK'S HARVEST:

- *Onions*
- *Squash*
- *Pie Pumpkins*
- *Cinderella Pumpkins*
- *Parsnips*
- *Peppers*
- *Hot Peppers*
- *Carrots*
- *Beets*
- *Celeriac*
- *Lettuce*
- *Kale*
- *Brussels Sprouts*
- *Herbs*

VEGGIE BIOGRAPHY

Squash!

Squash is a classic fall veggie and is very versatile in its uses. Please see page 2 of the newsletter for distinctive qualities of the different types of squash we grow.

Winter squash can be stored for a number of months if kept in a cool, dry, dark place with good ventilation. Acorn, sweet dumpling and

butternut squash store the best.

To bake a squash, cut it in half, scoop out the seeds and pulp, and place the halves, cut-side down, on a baking sheet with a little bit of water. Bake at 350F until the halves are completely soft (about 45 min-1 hour, depending on size).

Once cooked, squash can be served sliced, stuffed, pureed, or used in baking.

Winter squash is extremely high in vitamin A and potassium, and is also a source of fibre and complex carbohydrates. Its nutritive value and storability makes it an important food source for the local, seasonal eater.

SQUASH TOSS CREW- 2008



DIFFERENT SQUASHES AND THEIR USES...

Here is a run-down of the different squash we grow and their distinctive cooking qualities:

Acorn squash is acorn-shaped with green to yellow-gold skin, with deep furrows. Yellowish flesh. Sweet-tasting, somewhat dry. Peel after cooking, the cooked skin is easier to peel. The flesh takes well to sweet or nutty

glazes or stuffings. It is the best squash to just bake and eat.

Butternut squash Large cylindrical shape, tan colour. Squash has bulbous end. Deep orange flesh. Sweet, rich squash flavour. It is very versatile and easy to handle. Its orange flesh is thick, dry, fine-grained, and sweet. Because of its density and ease of

preparation, butternut is the squash to use when you want to dice or slice or present squash in any form other than a purée or a roasted chunk.

Hubbard squash is often sold in pieces because it can grow to cumbersome sizes. This popular New England squash usually has a gorgeous, gray-blue shell, with a fine-grained flesh that's dry, some-

what mealy, and very flavorful. It's perfect for pies.

Sweet dumplings are tiny but great for roasting and presenting whole.

Buttercup squash: Dark green with grayish stripes or flecks. Shape is a flattened round with a turban shape on top. Orange flesh. Some what dry but sweet meat. This

squash takes well to glazing after baking, also mashing and pureeing for other dishes.

Delicata (Sweet Potato): Has elongated shape with longitudinal grooves. Green and tan-striped skin. Very tender yellow flesh. Mild, slightly sweet, corn-like flavour.

Spaghetti squash is be-

tween a winter and summer squash, with a semi-soft bright yellow shell and stringy yellow interior that separates into spaghetti like strands when cooked. Sweet, mild, crunchy flavour. Bake in halves with the cut side down, then take two forks and scrape interior...it will separate into "spaghetti". Excellent with a white or tomato sauce, or tossed with

butter and herbs. Blend into stir fry mixtures or chill the leftovers to toss into a salad.

Turban: Usually a bright orange color. Shape is a flattened round base with three knobs on top, striped with cream, green or white. Rich squash flavour. Takes well to any kind of stuffing. Also makes a colorful table decoration or fall arrangement.

