



News From Provident Organic Farm

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Season 5, Week 20

“dedicated to a safe, just, and sustainable food system”

Sept 11th – Sept 17th

I must be brief this morning as I am on the trail of a replacement rim for my Farmall tractor today. The wheel almost fell off the other day after a couple of the lug nuts worked themselves loose. I rely heavily on the Farmall and do the regular maintenance, but I never considered checking the lug nuts in the 18 years I have owned it. The rim was ruined and must be replaced. I am meeting with a man this morning that restores old Farmalls as a hobby. He thinks he might be able to find one for me.

Some of you are unfamiliar with the varieties of winter squash we have grown this year, so I want to give you a description of each.

Spaghetti is the orange egg-shaped one. Its meat looks like spaghetti noodles when cooked. It can be baked or boiled and topped with a sauce. It will not keep well which is why we give it to you early in the squash season

Delicata is the oblong shaped one with dark green stripes. I think it is the sweetest of all. It has an edible skin and is best when baked. It will not keep very well either. Many of you have told me how much you like this one. We will grow more next year.

Red Kuri is the dark orange one with a short neck. It is a Hubbard type with medium dry flesh that is best for pies and purees. It will store for about 4 months after curing. The ones you are getting now have not been cured, later in the season we will give you the cured ones which will keep for about 90 days.

Sunshine is a Kobocho type similar in appearance to the Red Kuri but without the neck. It can be baked, mashed or pureed for soups. I am not sure about their storage time, but other Kobocho types will store about 90 days after curing.

Acorn is the dark green one shaped like an acorn with ribs. It is best used within 2 months of harvest and does not need to be cured. They are best when baked.

Butternut is the cylindrical one with a “bulb” on the blossom end. We are curing these now. They are the best keepers of all winter squashes, at least 6 months. It also has an edible skin. It is the most versatile of all the squashes, good for pies, soups, mashed or baked.

After we harvest the squash intended for storage we dip them in a mild bleach solution to kill any bacteria on the skins and inspect them for bruises or damage. They need to be cured at 80 – 85 degrees for at least a week. We do this in the greenhouse, which is perfectly suited to the job. Once the squash is cured, they are best kept in a dry place at about 50 – 55 degrees. We are using a local flower grower’s walk-in box to store them until we give them to you.

I’m off to see the Wizard,

Jay

P.S. Farmall Man, who I now know as Hardy, has located a rim for the Farmall near Alexandria, Va. I will have it by the weekend.

Apricot Glazed Sweet Potatoes

Ingredients:

1 lbs sweet potatoes (cut into 1-inch pieces)
1/4 cup water
1/2 cup maple syrup
1/4 cup brown sugar
1/8 cup orange juice
1/4 cup honey
1 Tbsp lemon juice
1 Tbsp butter
1/2 tsp cinnamon
1/8 tsp whole cloves
1/8 tsp ground nutmeg
Pinch of salt
Pinch of ground white pepper
3/4 cup chopped dried apricots



Steam the potatoes for 10-12 minutes or boil in salted water (until tender).

Place water, syrup, brown sugar, and orange juice in a saucepan. Stir over medium heat until the sugar dissolves, about 1 minute. Bring the mixture to a boil, and cook for 5 minutes, or until slightly thickened and syrupy. Add the honey, lemon juice, butter, cinnamon, cloves, nutmeg, salt, white pepper, and apricots. Return the glaze to a boil, lower the heat, and simmer 5-7 minutes. Remove glaze from the heat, and allow it to rest for 15 minutes. The mixture will thicken as it rests.

Pour mixture over potatoes, and stir to mix well. Also try on carrots or butternut or acorn squash rings!

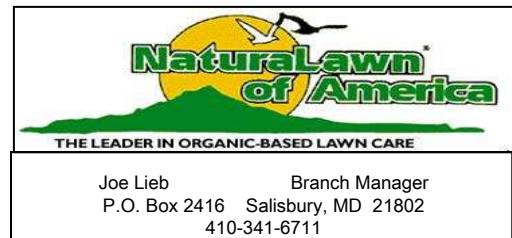
Recipe from *The Whole Foods Market Cookbook*



Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to ubuubok@comcast.net or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.

In Your Share



***Scooped out Baked Sweet Potatoes:**

Bake potatoes, cut them lengthwise, then scoop out the interior flesh, leaving just enough flesh to retain the shape of the skin. Mash flesh with butter and a bit of cream if desired and season to taste.

Sprinkle with grated cheese, stuff shells, dot with butter, and place in a buttered baking dish.

Reheat @ 350 degrees for 20-30 minutes.