

In The Kitchen

Fall Share #2 - September 26th, 2021



Baby Butternut

Butterbaby

Butternut squash is a winter squash. Store in a cool, dry, dark, well ventilated location. Once cut or cooked, store in the fridge in an airtight reusable container. Remove seeds before cooking. When baking whole, pierce the rind with a knife in several places first.

Beets

Detroit Dark Red

To store and keep – remove the greens immediately (leaving about 1-inch of the stem) to prevent moisture loss and storing in the fridge. Wash just before cooking. Peel after they're cooked.

Broccoli

Calabrese

Wrap broccoli in a damp towel and store in the fridge. Don't wash until right before use. Don't wrap too tightly or keep in a sealed container because broccoli needs air flow to stay fresh. Broccoli can be eaten raw or cooked.

Brussels Sprouts

Dagan

We are slooowly harvesting our brussels sprouts. Along with our golden beets, brussels sprouts continue to be a challenge to grow here. The quantity and quality are NOT where we would want them to be, but this wonderful, nutritious vegetable is sooo worth the extra effort. Store unwashed in a reusable container in the fridge. Remove any damaged outer leaves, trim the stem end and cut a shallow "x" in the base to allow for even cooking.

Kale

Curled Leaf: Blue Scotch & Purple Redbor

Kale stores best when washed and thoroughly dried first. Keep in the fridge wrapped in damp paper towels in a reusable storage container. For leaves with tough stalks, remove them and use in stocks or simply sauté with your favorite stir fry or garlic and butter to add over potatoes.

Lettuce

Bergam's Green Leaf

Growing lettuce for a fall harvest is new for us so thrilled with our leaf variety thus far! Fingers crossed it and our spinach continue to come on strong these next two weeks. Wash and thoroughly dry before storing in a reusable storage container in the coolest part of the fridge. If it becomes limp, revive in a bowl of ice water.

Peppers

*Bell-types: Ozark Giant, Golden Cal, Chocolate Beauty.
Banana-type: Sweet*

Pepper harvest continues and we've moved into the heirloom varieties. Not all varieties germinated or set fruit but all in all not bad. Fingers crossed the weather holds through mid-October. 😊 To store - all types of peppers should be stored the same - in a reusable container in the fridge. Wash just before using. Store unwashed peas (wash just before eating) in a perforated plastic bag in the vegetable crisper section of the fridge. They will keep for 5 to 7 days if stored this way.

Snap Peas

Sugar Ann

Store unwashed peas (wash just before eating) in a perforated plastic bag in the vegetable crisper section of the fridge. They will keep for 5 to 7 days when stored with way.

Tomatoes

Heirloom-types:

Gold Medal

Cherry-types:

Artisan Purple & Pink

Bumble Bee, Sunrise, &

Sweet Blush

The tomato harvest is slowing down, but very happy to still be harvesting our cherry varieties. I hope you've enjoyed the many varieties we've grown and harvested this season!

When cooking, know that salt enhances a tomato's sweetness and acidity. Enjoy!

Nothing but B's - Bells & Butternut!

Veggie Loaded Stuffed Bell Peppers

By Alexandra Stafford
Serves 4



Ingredients

- 4 large bell peppers, halved & cored
- 2 T olive oil plus more for drizzling
- kosher salt
- 1/3 cup quinoa
- 1 onion, finely diced
- 1 sweet banana pepper, finely minced
- kosher salt
- 1 ½ cups zucchini, small diced
- ½ cup corn
- ¾ cup cherry tomatoes, halved or quartered
- 4 scallions, finely sliced
- 1 bunch cilantro, finely chopped (1 cup-ish)
- 10 oz. Monterey Jack cheese (cubed)
- basil/chives and lemon for garnish (optional)

1) Heat the oven to 475°F convection roast. Place the peppers cut side down on a sheet pan lined with parchment paper. Drizzle with oil. Season with salt. Transfer pan to the oven and cook for 15 to 20 minutes or until the peppers begin to blister. Remove from the oven. Turn peppers over. Set aside.

2) Fill a medium pot with water, and bring to a simmer. Add a big pinch of kosher salt. Cook quinoa 9-12 minutes or until the quinoa is done. Drain through a fine-mesh sieve. Set aside.

3) Heat the 2 tablespoons of olive oil in a large skillet over high heat. When it shimmers, add the diced onion and chili, immediately lower the heat to medium, season with a pinch of salt, and stir. Cook for about 5 minutes, stirring occasionally, until the onion softens and begins turning translucent.

4) Add the diced zucchini and cook for 2 minutes, just until the zucchini loses its rawness — you don't want the zucchini to turn to mush; it's nice when it has some texture here. Add the corn and cook for a minute more. Turn off the heat. Add the tomatoes, scallions, and cilantro.

5) Add the quinoa and stir to combine. Taste. Add salt and pepper until it tastes well seasoned. Fold in the cubed Monterey Jack.

6) Spoon filling into the cavities of the peppers. Don't be afraid to really, really pack them full — it's OK if the filling is heaped in a mound in each pepper. These peppers are meant to feel substantial. You may have a little extra filling on hand; it's delicious on its own. Save it for another day or eat it.

7) Transfer peppers to the oven and cook for about 10 minutes more until the cheese begins melting and the vegetables begin browning.

8) Remove from oven. Garnish with fresh basil, if you wish. Serve with a squeeze of lemon, if you wish.

Easy & Quick Roasted Baby Butternut Squash

By Andrea Howe

Ingredients

- *baby butternut squash*
- *thyme, dried and ground, to taste*
- *sage, dried, dried and ground, to taste*
- *salt and pepper to taste*
- *drizzle olive oil*
- *goat cheese*

Instructions

1) Cut tops & bottom stem area of squash and half lengthwise

2) Place on a parchment-lined baking sheet, skin side down.

3) Drizzle with olive oil and sprinkle with sage, thyme, salt and pepper over the top (or any other herb combination you prefer).

4) Bake at 400 for 20 minutes. Sprinkle w/goat cheese and enjoy!



Thank you for being our farm member!

