



Where The Land, Food, and People Come Together!

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Distribution Week #18

## Field Walk...

One and a half tons of winter squash. That is how much we harvested last week of delicata, sweet dumpling, pie pumpkins and buttercup. And we still have butternut to go! First we clipped the stems, then piled them into windrows, brought out all the green crates, plastic crates, large wax boxes we could find, filled them up and hauled them out. They are storing in the barn where the warm (but not too warm) late summer days and cooler nights are curing them for winter storage. The curing process converts starches into sugars, so the longer they cure, the sweeter they get.

As we were loading pounds and pounds of winter squash onto the back of our truck, Segue and I couldn't help but think about last year in New England, where the winter squash harvest reaches mythic proportions. On both of the farms that we worked at, the harvest of winter squash was in the multiple tons. Days and days of doing nothing but clipping and piling and hauling squash to the barn and green house. Of course, out there the harvest is done under much cooler conditions. Here, we harvest a little earlier because of the squash bugs and cucumber beetles that having killed off all the plants were starting to munch on the squashes themselves.

Winter squash is cousin to the ubiquitous zucchini, but their growing patterns are different. Summer squash swell from blossom to fruit in a matter of days, while winter varieties absorb energy from the sun and soil for months on their way to harvest--no wonder they are such a good comfort food. The dense, sweet flesh of winter squash brings the light and warmth of a whole summer to your table. It is the perfect vegetable to usher us all into a much anticipated autumn.

Enjoy the Harvest, Amy & Segue

Our Best Guess for what's in your Share:  
salad mix, radishes, bok choy, potatoes, onions, eggplant, and...

**Delicata Squash:** also called "sweet potato squash" because of their shape. They are the sweetest of all the winter squashes and the skins are edible. This is a great stuffing squash!

**Broccoli:** our fall crop is just starting to come on. If you don't get it this week, you will next!

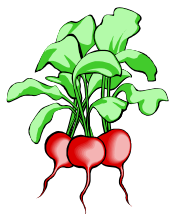
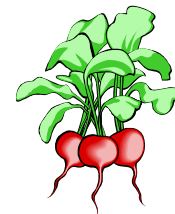
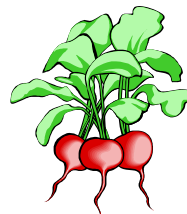
What's For Dinner: Steamed Bok Choy w/Tofu & Rice  
from "The Real Dirt on Vegetables"

2.5 cups of vegetable, chicken stock or water  
1 cup uncooked brown rice, rinsed until the water is clear  
3/4 T olive oil  
8 oz. tofu, cut into cubes  
2 medium potatoes cut into cubes  
3-4 garlic cloves  
2 T horseradish  
1 T fresh ginger  
1/2 tsp toasted sesame oil  
3-4 bok choy  
2 tsp soy sauce or tamari

Combine the stock or water and rice in a 2 quart pot and bring to a boil. Reduce the heat to low so that the water continues at a gentle simmer. Cover; cook until the rice is tender and all the water is absorbed, 45-60 minutes depending on the type of rice you are using.

About midway through the rice cooking time, heat the oil in a large skillet over medium-high heat. Add the tofu, potato cubes, garlic, horseradish, and ginger. Cook, stirring frequently until the potatoes are tender and golden brown, about 8 minutes. Stir in the toasted sesame oil and cook for 2 minutes more. Remove the skillet from heat.

Put the chopped bok choy in a steamer basket set over 1 1/2 inches of boiling water, cover, and steam the greens until they are just tender, 2-3 minutes. Transfer the bok choy to the skillet. Add the soy sauce or tamari. Stir to combine. Serve over rice.



## What's For Dinner: Stuffed Delicata Squash

from "Asparagus to Zucchini"

2 delicata winter squash  
1 onion, chopped  
2 T oil  
1 cup diced celery  
1 cup bok choy or swiss chard, chopped  
1/2-1 cup whole wheat bread crumbs  
1/2 tsp salt

Preheat oven to 350 degrees. Halve squashes; remove seeds. Place face-down in greased baking dish; bake until fork-tender, 24-45 minutes. Meanwhile, saute onion in oil until soft. Add celery; cover and simmer on medium heat until just tender. Stir in greens; cook until wilted. Stuff squashes with vegetable mixture. Sprinkle with bread crumbs & salt. Bake 10-15 minutes. Makes 4-6 servings.