SUNSET COMMUNITY FARM

Monday September 28
Week Eighteen

Community CROPS 2009 Summer CSA

Veg Fest 4:
Celebrating Marvelous Melons
Sat, Oct 3, 2-6pm, Havelock Park
Farmers' market vendors, melon contests, many bands, plenty for kids to do, rain barrel raffle, and lots of gardening and cooking demos. You'll want to be there the whole time! Details on the CROPS website at www.communitycrops.org/vegfest

Fall Cooking Class: Flavor Your Roots!
Tuesday, October 6, 6-7:30pm, F Street Rec Center (13th and F)
Taste some great recipes made with fall vegetables. Class taught by Lovena Glantz, local chef/baker and graduate of LeCordon Bleu culinary arts institute. Learn how to make delicious chocolate beet cake, savory curried coconut carrot soup and spicy sweet potato fries. Suggested $5 donation. RSVP helpful. Call 474-9802 or e-mail ingrid@communitycrops.org to pre-register.

CSA Survey
Watch your e-mail next week for the annual CSA survey. This will be your chance to give your feedback on the CSA season to us. We make use of the survey results as we plan the new CSA year, and they're quite helpful.

This Week's Offerings
Acorn Squash
Sweet Potatoes
Patty Pan Squash
Red and Chiogga Beets
Carrots
Lettuce
Red sweet peppers
Swiss Chard
Tomatoes
Okra

Veggie Lovers Only
Spaghetti Squash
Broccoli
Zucchini

About your veggies:
Fall is in the air, and that's changing the available produce, which means lots of new things this week.

Sweet potatoes *are in your box for the first time this week, but you can expect more. To store, keep them in a cupboard rather than the refrigerator. Sweet potatoes are beautiful vining plants with large flowers—there are many ornamental varieties. They're relatively easy to grow if planted in early June and harvested before a freeze. They have the highest amount of nutrition of any common vegetable with lots of fiber and Vitamin A, among other nutrients.*

Acorn squash *are another winter squash variety. Any of the winter squash will keep for months in a cool area of your house. Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed.*

Root vegetables (carrots, beets, sweet potatoes) and the winter squash *are all delicious roasted on the grill or in the oven. See recipe below.*

As always happens at this time of year, the ***summer squash*** *and* ***tomato*** *plants have diseases that are affecting their growth, so we are about done with them.*

Give the ***okra*** *a try, even if you are unsure about it. Try it raw, even – it tastes something like a green bean. Or just add it to another dish—if there isn't a lot of water, it will stay firm and tasty.*

Hope you've been enjoying the delicious ***red sweet peppers****. They're not only beautiful, they're great in every meal!*

Recipes

Sweet Potato Fries

Sweet potatoes – about 1 medium sweet potato per person
Low-fat cooking spray
Cut sweet potatoes into strips like French Fries. Spray with low-fat cooking spray and place on baking sheet. Bake at 375 degrees F. for 30 minutes. Source: K State recipes

Sweet Potato Biscuits

1 1/4 C flour	*1/4 tsp nutmeg*
1 Tbsp baking powder	*3 Tbsp shortening*
1/4 tsp salt	*1 C mashed, cooked sweet potatoes*
1/2 tsp cinnamon	*1/4 C milk*

Mix dry ingredients in a bowl. Cut shortening into flour mixture until it resembles coarse meal. Cut in sweet potatoes. Add milk all at once and toss with fork until mixture comes together. On lightly floured surface, knead lightly 8 times. Next, roll out on floured surface to 1/2in. thickness. Cut with biscuit cutter and arrange 2 inches apart on ungreased baking sheet. Bake at 450 degrees 12 minutes or until golden and puffed.
**Rather than rolling them out, it also works to just shape them a bit by hand. You could also try adding a bit of honey or sugar to the dough to sweeten the biscuits a bit more, or just eat them with honey on top.*

Herb-roasted vegetables *(Makes 6 servings)*

3 medium sweet potatoes, scrubbed (about 2 lbs)
2 red bell peppers or 4 sweet frying peppers
1 onion
1 lb other root vegetable or winter squash
8 cloves garlic, chopped
3 Tbsp fresh rosemary, chopped, or 1.5 Tbsp dried
2 Tbsp fresh thyme or ½ Tbsp dried
2 Tbsp olive oil
½ tsp salt

1. *Halve potatoes lengthwise; cut into ½-inch slices. Dice peppers and onions. Cut root vegetables or winter squash into ½ inch cubes.*
2. *Put vegetables in large bowl. Add garlic, rosemary, thyme and olive oil; toss to coat.*
3. *Spread mixture on cookie sheet; sprinkle with salt. Bake at 500 degrees, 18-20 minutes until tender and a little brown.*

Stuffed acorn squash *(Makes 4 servings)*

2 acorn squash, halved and seeded	*¼ c. chopped pecans*
¼ c. butter or margarine	*¼ c. packed brown sugar*
½ c. dried tart cherries	*¾ tsp cinnamon*

1. *Place squash cut side down in baking pan with ¼ inch of water in bottom. Bake at 30 degrees 45-50 minutes or until squash is tender. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on high 5-7 minutes, or until squash is tender.)*
2. *In saucepan, combine butter, cherries, pecans, brown sugar, and cinnamon and heat until butter melts. Mix well. Note: Apples would also be delicious instead of the cherries.*
3. *Spoon one-quarter of the cherry mixture into cavity of each squash half. Serve immediately.*

Source for last 3 recipes: Farm-Fresh Recipes by Janet Majure

Next Week: Winter squash, sweet potatoes, leeks, celariac (veg lovers)