

November 13th, 2008



The

PolyHarvester

Volume 1, Cycle 5

www.polycsa.org

CSA Week 1 of 12

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Recipes for:

-Acorn squash-

Important Info

-Share pick-up and responsibilities-



Questions?

Contact your CSA coordinator,
Dr. Chris Wharton:
Christopher.wharton@asu.edu

This Week's Harvest:

- Radishes mix
- White acorn squash
- Basket of peppers
- Spring mix
- Eggplant
- Summer squash
- Tokyo bekana
- Farmer's choice

Welcome to the Winter CSA season!

Hello PolyHarvesters, and welcome (or welcome back)!! I'm glad you are participating in this round of the CSA. We have lots of great veggies coming your way, and hopefully an event or two for you to participate in!

Each week you can expect a newsletter like this with recipes, news, and information about the CSA, veggies you'll be receiving, and other upcoming events. Stay tuned!

The PolyHarvester Recipiece



Your Share and Responsibilities

Each week you can expect to receive some great produce from Crooked Sky Farms. There are just a few things you need to know regarding pick-ups:

1. Be sure to bring your own bags or boxes. Your shares are not prepackaged so that you have the chance to choose your own produce for your allotment.
2. If you cannot make a pick-up day, please try to find someone to get your veggies for you. Also, please make sure to let me know if someone will pick up for you or if you simply cannot make it.
3. Check out the trading share: each week, you'll have the chance to trade out one item from your share with an item in the trading share (which you'll find at the end of the table). Ask me for more info on this.

Southwestern Stuffed Acorn Squash

From Eating Well Magazine, September/October 2007

Ingredients

- 3 acorn squash (3/4-1 pound each)
- 5 ounces bulk turkey sausage (or meat substitute)
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-ounce can black beans, rinsed
- 1/2 teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

Preparation

Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add turkey sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes. When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Mashed Maple Squash

From Eating Well Magazine, March/April 2007

Ingredients

- 1 acorn squash (1 1/4 pounds), halved and seeded
- 2 tablespoons pure maple syrup
- 1 teaspoon butter
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt

Preparation

Preheat oven to 400°F. Coat a 9-by-13-inch baking pan with cooking spray. Place squash halves cut-side down in the prepared pan. Bake until soft, about 50 minutes. Let cool for 10 minutes. Scrape the soft squash flesh into a medium bowl. Stir in syrup, butter, cinnamon and salt with a fork, mashing the squash until somewhat smooth.