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The

PolyHarvester

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www.polycsa.org

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Veggie of the Week

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This Week's Harvest:

- Pears
- Roasted Bell Peppers
- Mustard Mix
- Tomatoes
- Zucchini
- Butternut Squash
- Cucumber
- Anaheim Chiles

Event Ideas Welcome!

Hello PolyHarvesters! We're looking to hold a CSA event in the near future. If you have an idea of what you'd like to see from your CSA (a documentary movie showing, an invited speaker, or a cooking demo, for example), let me know. I'll do my best to provide you with some fun events along the way.



Questions?

Contact your CSA
coordinator,
Dr. Chris Wharton:
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The PolyHarvester Recipiece



Butternut Squash

If you're like me, which you're probably not, you're wondering why squashes are called 'squash,' since they really don't seem very squashed at all.

Well, I indulged my etymologically inclined dorkitude and looked it up. In fact, the term 'squash' is derived from the Algonquian term, 'askutasquash,' which is a combination of the terms, 'askut,' which means "green, raw," and 'asquash,' meaning "eaten."

'Butternut squash' gets its name in an etymologically less complicated way. It's got a nutty, buttery kinda flavor. So there you have it.

Roasted Pear-Butternut Soup

From Eating Well Magazine, October/November 2006

Ingredients

2 ripe pears, peeled, quartered and cored
2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks
2 medium tomatoes, cored and quartered
1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
2 cloves garlic, crushed
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt, divided
Freshly ground pepper to taste
4 cups vegetable broth or reduced-sodium chicken broth, divided
2/3 cup crumbled Stilton or other blue-veined cheese
1 tablespoon thinly sliced fresh chives or scallion greens

Preparation

Preheat oven to 400°F. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).

Pureed Roasted Squash

From www.eatingwell.com

Ingredients

1 butternut squash
Canola oil

Preparation

Preheat oven to 400°F. Brush a rimmed baking sheet with oil. Cut squash in half and scrape out seeds and membranes. Place the squash, cut-side down, on the prepared baking sheet. Bake until soft, 40 to 50 minutes. Let cool slightly. Scoop the squash flesh into a food processor. Pulse until smooth. For a chunkier texture, mash squash with a potato masher. Serve as a simple side dish.