



In your share:

Sweet potatoes /
Sugar dumpling
squash
Tat Soi / Pac Choi
Kohlrabi / Turnips
/ Beets
Arugula / Carrots
Garlic / Onions
Sweet Peppers
Hot Peppers
Chard / Kale /
Collards

In the PYO:

Winter Savory
Mint
Lavender
Oregano
Sage
Thyme
Catnip

Notes from the Fields

We had our first frost last week—not a hard freeze like we were expecting, but enough to finish off our peppers, eggplant, and flowers. To prepare for the frost, we covered up all the fall greens and harvested all remaining hot peppers and sweet peppers, which will be in your shares for the next few weeks. They can be frozen to use in stir fries, curries, or soups over the winter.

Much of the PYO was also finished off by the frost. We still have sage, thyme, oregano, catnip, winter savory, some mint, and some lavender; help yourselves!

This week we are giving out our sweet dumpling winter squash. They are yellow with dark green vertical stripes, and are very sweet when baked or roasted. See the recipe below for more information.

Call for Donations—Cooking Materials

Since the season has slowed down, we have been cooking healthy meals (including last week's Vegetable Tagine) and learning safe cooking techniques. We would happily accept any crock pots, cutting boards, or sharp knives to help us cook!

Roasted Sweet Dumpling Squash

Adapted from Fanatic Cook

1 sweet dumpling squash

Maple syrup and/or butter (optional)

1. Pre-heat oven to 350 degrees. Wash sweet dumpling squash (keep the skin on). Place, whole, on a baking tray.
2. Bake for about an hour to an hour and a half, rotating the squash about every 20 minutes to cook it evenly. As it softens, poke it with a fork to let steam escape. When squash is very soft and has a slightly golden tinge, it is ready to come out.
3. If possible, cool for about an hour, then slice open, dig out seeds and any stringy pulp with a spoon, and eat squash in slices. Add a drizzle of maple syrup or butter if desired.

Caldo Verde (Portuguese Potato and Kale Soup)

4 or 5 Potatoes, thinly sliced (peel if desired)
6 cups Water or stock
1/3 cup Olive oil
½ pound Chorizo or sausage (optional)
1 Onion, minced
2 cloves garlic
1 bunch Kale or collard greens, de-stemmed and finely chopped
Salt and pepper to taste

1. Add the potatoes and water or stock to a large saucepan and bring to a boil over medium-high heat. Reduce heat to medium and cook until the potatoes are fork-tender, 15 to 20 minutes. Remove from heat and mash the potatoes in their liquid with a potato masher, fork or wooden spoon, until they are well broken up but still a little chunky. Set aside.
2. Heat the olive oil in a large pot over medium-high heat. Add the sausage if using, and brown well on all sides. Remove to a plate and set aside.
3. Reduce the heat to medium, add the onions and sauté until cooked through and translucent, 4 or 5 minutes. Add the kale or collards and sauté for another 4 or 5 minutes, stirring occasionally.
4. Slice the sausage into 1/4-inch rounds and stir into the onions and kale, along with the potatoes, stock or water, salt and pepper. Bring to a boil, then reduce heat to medium-low and simmer for 15 to 20 minutes.
5. Optional: serve with a thick slice of crusty bread or cornbread.