

## IN THE SHARE

- Lettuce
- Garlic
- Hot Peppers
- Kale
- Acorn Squash
- Sweet Potatoes

## Choice

- Cooking Greens
- Summer Produce

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Cilantro, Mint  
Oregano, Dill,  
Chives, Russian  
Sage, Marigolds

ORANGE: Zinnias,  
Sorrel, Leaf Fennel,  
Sunflowers

PINK: Parsley,  
Salvia, Zinnias,  
Sunflowers,  
Gomphrena, Celosia,

YELLOW: Sage,  
Lemon Balm, Winter  
Savory,

## Farm Notes

The winter squash harvest is complete, and now we wait. Just because the squash is off the vine doesn't mean it's ready to eat. After the harvest, winter squash (and sweet potatoes) go through a process called curing. During this time the squash is held at a specific temperature and humidity level in order to allow the excess moisture in the squash to evaporate. The result is a longer storage life and a sweeter flavor as the natural sugars are concentrated.

Acorn squash are an exception to the curing rule, and do not improve in flavor or shelf life after curing. So, we are happy to have the first winter squash of the season, acorn squash in this week's share. After bringing your squash home, store them in a cool, dark place and keep away from apples and pears or other ripening fruit.



## *Don't forget to wash your greens!*



During the fall season our wash station is always going. We bring down wagon loads of kale, collards, lettuce, mustards all morning. We wash each greens with a two sink dunking method and often spin loose greens to remove excess water. However, we still recommend that you wash your greens before you use them. The purpose of our washing process is to remove field heat to prevent wilting, remove excess dirt to allow us to inspect each bunch, and to get the greens to ideal storage conditions. Certain greens can hold onto grit, or may be housing one of our beneficial insect friends. Giving your greens a wash just before cooking ensures they are ready for whatever delicious recipe you choose.

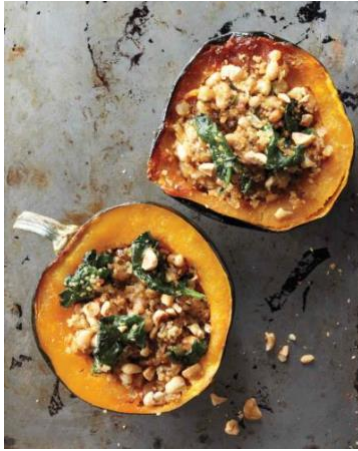
## In the PYO: Marigolds



The marigolds have been beautiful all summer. While the blossoms are still nice, consider saving some for a winter arrangement. Marigolds are good flowers for drying. To dry, remove foliage, and hang flowers upside down in a dark place with low humidity. According to Gardenguides.com, the flowers should dry completely in 2 to 4 weeks. Dried marigolds are great in dried flower arrangements, wreaths, and garlands.

## Stuffed Acorn Squash Veg, GF, DF

From Martha Stewart



- 1 large or 2 small **acorn squash**, halved and seeded
- 3 tbsp plus 1 tsp extra virgin olive oil, divided
- Coarse salt & fresh ground black pepper
- 1 diced large onion
- 1 tsp chopped **fresh sage**
- 1 tsp fresh **thyme**
- 1/3 cup cooked white beans
- 1/3 cup cooked quinoa
- 1 cup chopped **kale (or any green you would like)**
- 2 tbsp chopped toasted hazelnuts, divided
- 1 Lemon, or lemon juice

Heat Oven to 400 degrees. Brush squash with 1 tsp oil and season with salt and pepper. Roast cut side down until tender, about 30 minutes. Remove from the oven and set aside.

Heat 1 tbsp in a medium skillet over medium heat. Add onion and cook, stirring, until tender, about 6 minutes. Add sage, thyme, beans, quinoa, and kale. Cook, stirring, until greens wilt, about 2 minutes. Season with salt and pepper. Divide stuffing between squash halves and roast until golden, 15-20 minutes. For each serving, sprinkle with hazelnuts, drizzle with the remaining oil, and finish with a squeeze of lemon.

## Sweet Potato Salad with Lemon Tahini Dressing GF, Veg, DF

This recipe uses microwave steaming for a filling salad that takes less than 20 minutes to make. You can of course steam the sweet potatoes on the stove top, or roast them in the oven with a drizzle of oil for a more caramelized effect.

- 2 pounds **sweet potatoes**, peeled and cut into 1/2" cubes
- 1 large head of **lettuce**
- 1 avocado,
- 2-3 **sweet peppers**
- 1/4 cup shelled, roasted pumpkin seeds

- For the dressing:
- 1/2 cup tahini
- 1/4 cup lemon juice
- 2 tablespoons honey, or more or less to taste
- 1/4 to 1/2 teaspoon salt, to taste
- 2 tablespoons water, or more as needed to thin

Place cubed potatoes in a microwave safe covered dish with 2 tablespoon of water then microwave for 5 minutes, until fork tender. While the sweet potatoes are cooking, roughly chop the remaining vegetables. When potatoes are done, transfer into another dish and set aside to allow them to cool. Whisk together dressing ingredients and salt or sweeten to taste. Toss all the vegetables and pumpkin seeds together, drizzle with dressing, and enjoy.