

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2021 Week 7  
Oct 27 & 30

## IN THE SHARE:

“ / ” Indicates Choice

- Butternut Squash
- Root Veggies
- Sweet Peppers
- Leeks/Green Onions
- Cooking Greens
- And more!

## PICK-YOUR-OWN

Blue flag in field indicates ready to pick.

**RED:** Mint, Oregano, Chives, Peppermint, Spearmint, Russian Sage, Lovage, Marigolds

**ORANGE:** Fennel Seeds, Gomphrena, Statice, Basil, Cosmos, Cosmos Seeds, Celosia, Sorrel

**PINK:** Zinnias, Salvia, Ageratum, Lemon Basil, Thai Basil, Basil, Dill Seeds, Tithonia, Double-Bloom Cosmos, Marigold Seeds

**YELLOW:** Sage, Winter Savory, Lemon Balm

Ask a Red Wiggler staff for help finding any of these in the PYO.

**MARK YOUR CALENDAR:** Instead of a Thanksgiving Market this year, we will be selling storage crops (sweet potatoes, garlic, squash), t-shirts, hats and other goodies during the last 2 weeks of CSA. Cash, check and credit card will be accepted.

## FARM NOTES

Several CSA members have been asking about butternut squash, and they're finally here! This week, butternuts—the last of our winter squash varieties—will make its way into the share. We picked them about 3 weeks ago, but we weren't holding out on you, promise! Butternut, like many winter squash, need to “cure” to achieve maximum flavor and storage ability. What does it mean to cure squash? Why do we do it? Let's find out!

When it comes to winter squash, curing means storing them at a warm temperature with good air flow for a period of time, usually 10-14 days. The curing process allows some of the excess water that was present in the plant at harvest to evaporate. Getting rid of that excess water does a few things. First, it concentrates the natural sugars, making the squash taste sweeter. It also slows the squash's respiration rate by hardening the squash's skin, which helps it store longer into the winter by reducing the chances of rot and spoilage.

Different squash require different cure times to ensure they will store into the winter. In addition, some squash want even more “ripening” time beyond the curing to ensure the best flavor. For example, we have cured our butternuts for the suggested 2 weeks, which means it should keep very well for months in your pantry. But if you decide to eat it as soon as you get it home, it won't taste as good as it will if you wait another few weeks before digging in.

As you may imagine, there can be a little bit of confusion between curing time and ripening time. Some squash, like spaghetti, don't really require curing, but they taste better if you wait 2-4 weeks after harvest to eat them. And some, like that butternut you might pick up this week, are cured after only a couple weeks, but won't reach optimal flavor until a couple of months after harvest.

Here's a handy table to compare cure times, ripening times and storage times for your favorite winter squash.

TYPE	CURE TIME	RIPENING TIME	STORAGE TIME
Delicata	Not required	2-4 weeks	1-2 months
Acorn	Not required	2-4 weeks	2-3 months
Spaghetti	Not required	2-4 weeks	2-3 months
Pumpkin	10-14 days	1 month	2-3 months
Kabocha	10-14 days	1-2 months	4-6 months
Butternut	10-14 days	1-2 months	4-6 months
Hubbard	10-14 days	2 months	4-6 months

### Butternut “Pumpkin” Pie **Veg**

Want to know a secret? That canned pumpkin you’ve been buying all these years probably isn’t pumpkin at all! That’s right, most canned “pumpkin” is actually made up of a mix of different squash, mostly butternuts and hubbards. So, why not beat the canned pumpkin industry at its own game? This holiday season, make your own “pumpkin” pie using our yummy butternuts!

#### INGREDIENTS

- **1 ½ cups roasted, pureed butternut squash**
- 1 cup firmly packed light brown sugar
- 3 large eggs
- ¾ cup evaporated milk
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt
- 2 tablespoons all-purpose flour
- 1 tablespoon unsalted butter, melted
- 1 teaspoon vanilla extract
- 1 (9-inch) pie shell, unbaked and chilled



#### DIRECTIONS

1. Preheat oven to 350 F and position a rack in the center of the oven.
2. In a mixing bowl with an electric mixer, beat the squash with the brown sugar. Add the eggs, evaporated milk, spices, salt, flour, butter, and vanilla. Beat until well blended.
3. Pour the filling into the chilled pie crust and place on the center oven rack.
4. Bake for 45 to 55 minutes, or until set. Check after about 35 minutes and loosely set a foil ring or pie crust protector over the browned crust, so it won't get too dark.
5. When the filling is set, transfer the pie to a rack to cool.
6. Serve warm or at room temperature with a dollop of whipped cream, if desired.

### Potato Leek Pancakes **GF, DF, Veg**

Whether it’s in a soup or a pancake, potatoes and leeks pair really well together. Here’s another way to put the two together into a dynamic duo! Makes 6-8 pancakes, so double or triple for a larger group (or if you’re really hungry!)

#### INGREDIENTS

- 5 medium potatoes—peeled, shredded and squeezed of excess moisture
- **½ cup leeks, thinly sliced**
- 2 eggs
- **1 teaspoon fresh thyme**
- Salt and pepper to taste

#### DIRECTIONS

1. Mix all ingredients together in a medium bowl. Stir until potatoes are well coated.
2. Shape mixture into 6 to 8 patties.
3. Place patties on a heated griddle or nonstick skillet. Cook over medium-low heat 4 to 5 minutes on each side or until golden brown. Drain on paper towels. Serve immediately with crème fraîche or sour cream.
4. For a traditional and decadent version, pancakes can be deep fried in hot oil instead!