

IN THE SHARE

- Butternuts!
- Leeks/Garlic
- Carrots/Beets
- Greens Choices
- Roots Choices

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED

Lovage, Oregano, Chives
Tarragon, German Thyme,
Peppermint, Spearmint,
Lavender, Russian Sage,
Marigolds, Dill, Jasmine-
Scented Nicotiana

ORANGE

Sorrel, French Thyme,
Gomphrena, Celosia,
Snapdragons, Calendula,
Lamb's Ear, Cosmos,
Roselle

PINK

Parsley, Zinnias, Statice,
Basil (lemon/Thai/Italian),
Cilantro, Strawflower, Dill,
Pincushions, Cosmos

BROWN

Verbena
Fennel Seeds
Black-Eyed Susan

YELLOW

Lemon Balm
Sage

**Need help finding or
using the flowers and
herbs in the PYO? Just
ask a RWCF staff
member or volunteer!**

HOW TO PREPARE A BUTTERNUT SQUASH

Butternut squash are making their first appearance of the season this week. If our recent "favorite squash" survey was any indication (butternuts were the clear winner) this news should make lots of CSA members vey happy! If you are new to butternuts, their tough skin and dense flesh may be a bit daunting. But I promise, if you have a sharp knife and a little patience, you will be rewarded. There is delicious treasure inside that tough exterior!

Halves for roasting/baking (skin on):

first, cut both ends off the squash— ¼ to ½ inch—so you have flat, stable surfaces to work with. Then, stand the squash up on its fat end, and (carefully!) cut the squash in half, lengthwise. Scoop out the stringy bits and the seeds (reserve for roasting—recipe below). Now, the squash is ready for roasting or baking as is.



Chunks for roasting/baking /sauteeing/boiling (peeled): again, cut off the ends of the squash. Now, use a sharp Y or swivel peeler to remove the hard skin. Depending on the size of your squash, you may be able to hold the squash in one hand and peel like you would a carrot (though the skin is thicker/tougher, so it may take a little more patience and a little more muscle!). If the squash is too large or heavy to hold in one hand, lay it on your cutting board and peel* from there. If you do not have a sharp peeler, you can stand the squash up on your cutting board and carefully peel with a sharp knife. Either way, you want to remove all the whitish/greenish inner peel and get down to the deep orange flesh below.

*If your squash is not peeling easily, you can soften the peel by pricking all over the squash with a fork, then microwaving it for about 2 minutes..



Now cut the squash into two, widthwise, just above where it start to bulb out. Cut the upper part in half, lengthwise, and chop both halves into 1" cubes. Cut the lower part in half, lengthwise, scoop out the seeds, and chop both halves into chunks as well. Now you're ready to prepare with your chosen method.

OREGANO
CHIVES
PARSLEY
LAVENDER
TARRAGON
LOVAGE

TIME TO DRY HERBS
FOR WINTER USE!

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FENNEL
DILL
LEMON BALM
PEPPERMINT
SPEARMINT
SAGE

Roasted Butternut Squash with Sage & Leek Brown Butter Veg GF

I admit to being a bit of a squash fiend! I love it in all its forms, and could eat it just about everyday in the fall and winter. Here's a fun recipe adapted from the [CSA Recipe Archive](#) using some items from this week's share, as well as an herb Americans tend to think of only once a year—sage. This easy dish is full of flavor, warmth and comfort. Add it to your Thanksgiving menu, or just whip it up any time you need a dose of cold weather comfort.

INGREDIENTS

- 1 butternut squash, around 2.5 lbs
- 1 tbsp olive oil
- Salt and pepper
- 4 tbsp unsalted butter
- 1 cloves garlic, crushed or minced (optional)
- 1 handful sage leaves, coarsely chopped (about 24 leaves)
- 1 large or 2 small leeks, cleaned and finely chopped



DIRECTIONS

1. Preheat oven to 425 F and position a rack in the center of the oven.
2. Peel and scoop out the squash. Cut into 1" chunks.
3. Spread squash chunks on a rimmed baking sheet. Toss with olive oil, salt and pepper
4. Roast in center of oven. After 15 minutes, stir and continue roasting until tender and browned.
5. When squash is almost done, melt butter in a small frying pan over medium heat until foam subsides.
6. Add the leeks, and sauté for 3-5 minutes, until soft. Add garlic, if using, and sauté for another minute or so. Then add the sage and cook just until the butter turns light brown and the sage is crisp, about 2 minutes.
7. Pull the squash out of the oven, and immediately pour the butter mixture over the squash.
8. Transfer to a serving bowl and toss to coat. Garnish with roasted squash seeds, if desired. Serve immediately.

Roasted Butternut Squash Seeds GF DF Veg

At our house, we usually roast (and often burn!) pumpkin seeds after a carving session, but I never thought to roast other squash seeds. But of course you can! This recipe is easy, and includes a tip to help with all your seed roasting.

DIRECTIONS

1. Preheat oven to 325 F (or reduce heat if you were just roasting your squash!).
2. Place reserved seeds into a bowl and cover with water. Use your fingers underwater to rub the stringy bits off the seeds. With your fingers or small strainer, pick out as much of the strings as possible. Strain the water, and pick out any remaining stringy pieces.
3. Boil the seeds in salted water (1 tsp salt to 1 quart water) for 10 minutes. This helps the seeds be tender and crispy once roasted. This method can be used for any type of squash seeds.
4. Drain the seeds, and pat dry with paper towels or a tea towel. Place dry seeds into a dry bowl and toss with your choice of oil or butter (1-2 tsp per 1 cup of seeds) and a generous sprinkling of salt. If you want to add other seasonings—curry powder, cinnamon sugar, chili powder, or your own mix—do that now too.
5. Spread the seeds on a cookie sheet, and toast at 325 F for about 20 minutes. Toward the end of cooking time, watch the seeds carefully to avoid overcooking. They won't change color much, so the best indicator is taste. They also might start popping like popcorn. Once you hear the first pop or two, the rest of the seeds are probably ready to come out.
6. Remove from oven when done, let cool, and eat immediately, or store in an airtight container.