

# Summer Creek Farm

2009 CSA Newsletter

## Winter Squash

A sure sign cooler weather is coming: winter squash are here! Winter squash are members of the gourd family, and have hard shells with thick skins, requiring peeling, and longer cooking times than summer squash.

Among the types of winter squash Summer Creek will feature this year are acorn, butternut, carnival and spaghetti squash. Acorn squash (far right, photo) are small and dark green with ridges, and shaped like—you guessed it—big acorns. Butternut squash (center left) is smooth and bell- or gourd-shaped with light beige to orange skin and orange flesh. Carnival squash (front left) are pumpkin-

shaped, but smaller, and vary in color but are usually variegated. Spaghetti squash (lower center) are yellow and oval-shaped, and have a mild taste.

The hard skin of winter squash protects the flesh and allows it to be stored longer than summer squash, up to 3 or 4 weeks in a cool, dark place (ideally 45-50°).

Winter squash are most commonly baked, but can also be steamed, simmered or mashed.

Source: *UF Extension* ([PDF](#))



Week 17  
September 14, 2009

## From Farmer Rick

The summer CSA is winding down. We have had a very good year. It started slow, cool wet weather, and moved to a relatively cool summer. I will provide a summary of all the vegetables and fruits you have gotten this year. Your membership has also provided part time jobs for 6 people (plus mel!), not to mention the dollars spent in the community with local suppliers. Next week will be the last box; if you plan to sign up for fall, please let me know soon. We also are offering 10lb boxes of green peppers for \$10.00 to CSA members if you want to purchase some to put away.

Thanks again for your support. If you liked this year please sign up for next year! I will have next year's forms available sometime in October.

--Farmer Rick

## Recipe Feature

### Butternut Squash Risotto

*adapted from Victoria A. Riccardi, Vegetarian Times*

*Serves 6. Takes about 45 minutes, including cubing squash.*

#### Ingredients:

3 cups vegetable stock  
2 to 3 tablespoons olive oil  
1/4 cup basil pesto  
1 cup fresh onion, chopped  
1 1/2 cups Arborio rice  
1/2 cup dry white wine, like Chardonnay (optional)  
3 cups butternut squash, peeled and cut into half-inch cubes

Bring stock and 2 cups water to boil in a large saucepan, then lower heat. Heat olive oil in large saucepan or dutch oven over medium heat. Add onion and sauté until translucent, about 5 minutes. Stir in rice and sauté for about 2 minutes, stirring frequently. Then add wine, if using, and stir for another 2 minutes. (Just skip this step if not using the wine.)

Then add 1/2 cup hot stock. Stir until the rice absorbs the stock, then add another 1/2 cup stock. Once this is absorbed, add the squash cubes, then continue adding the stock 1/2 cup at a time, until each is absorbed, stirring frequently, about 15 minutes until the rice has absorbed all liquid. Remove from heat and stir in 1 tablespoon pesto. Serve topped with 1 teaspoon pesto on each bowl.

[Link of the week](#)

[How to Prepare Butternut Squash for Cooking – Video demonstration](#)

## This week's box

- ☀ Butternut squash
- ☀ Green pepper
- ☀ Raspberries
- ☀ Squash
- ☀ Tomatoes
- ☀ Hot peppers
- ☀ Sweet potatoes
- ☀ Eggplant
- ☀ A sunflower head with seeds

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)

*Items may vary by location/pick-up day.*