



## Down on the Farm Notes: September 29<sup>th</sup> & October 1st, 2009

Hi everyone,

The frost is on the pumpkin this week. After all, we are into the first week of October already!!

**Here's what you will find in the basket this week:**

- \*Butternut Squash
- \*Onion
- \*A mix of peppers
- \*Tomatoes
- \*Garlic Chives (use where you would use green onions)
- \*Basil

**Here's what you'll find in the fruit share:**

- \* Raspberries from Rick Lattin
- \* Nevada Granny Smith apples
- \* California grapes and plums.

**Fruit share note:** The fruit share will end two weeks early, so this week will be the last week for fruit. Fruit share customers will receive a refund check in the mail to reimburse them for the last two weeks. Thank you for signing up this year and we look forward to another fruit share next year.

Time to change gears now. A change of seasons brings an entire new menu. We leave behind the heat loving vegetables and move onto the fall vegetables. I call them the heavier foods that we love to eat during the cool fall days. Butternut soup, minestrone soup, and potato soup ring "comfort food" in my ears.

I am looking forward to spending more time in the kitchen with the longer evenings ahead of us. There is something about the cool breeze sending yellow and gold leaves fluttering lazily from the tree to the ground, the blue sky that has that "fall" look to it, and the cool air coming from the open windows. It is a perfect time to put a pot of soup up on the back burner of the stove to slowly simmer all day, sending a wonderful aroma throughout the house. It beckons you to cozy in and spend time baking fresh bread.

Enjoy these fall days. Before you know it, winter will be upon us.

**Just a little reminder** as our summer basket winds down, please gather up all the CSA boxes you may have hidden in the corners of the garage. Also, for those of you who couldn't make it out to Lattin Farms this past weekend, don't worry because the maze, produce stand, and pumpkin patch will be open until the end of October. They are open Monday through Saturday. The farm also gives educational tours if you have a group of kids that you would like to take to the farm. It is a great way to spend a weekend. Take a picnic lunch with you and enjoy all the fall fun.

### Did you know?

#### GM Good Moratorium

The American Academy of Environmental Medicine in Wichita, Kansas, has called for an immediate moratorium on GM food, citing studies that reveal links between GM foods and numerous health risks, including infertility. The academy is calling on physicians to educate their patients on the risks associated with GM foods and to themselves consider the roles that GM foods may play in disease.

#### GM Ice cream

Unilever is now ready with its GM ice cream, supposedly 50 percent lower in

fats and improved in stability, thus enabling higher fruit content and slower melting. The secret ingredient is ISP (ice-structuring protein), originally isolated from an Arctic fish, but now reproduced in a laboratory by fermenting a GM yeast. Although Unilever claims that ISP is not a GM organism, since the protein is eventually removed from the yeast cells. The Italian Genetic rights Foundation is warning consumers that ISP is not the equivalent of the natural Arctic fish variety, and that it may actually be an allergen due to its derivation from GM yeast. In any case, the European Union has given the green light to Unilever, and the product is already available in Australia, Mexico and the United States.

#### The Newlywed Rite

Though not a heavily industrialized nation, Indonesia follows China and America as the leading emitter of greenhouse gas. Why? Because deforestation has deprived Indonesia of Mother Nature's great carbon absorbers: trees! This, coupled with "over farming," has also led to erosion and major flooding. Officials in the agricultural province of Garut have decided to do something about it. From now on, if you wish to marry in the province, you must buy and plant 10 trees-- usually

eucalyptus, avocado or mahogany. A divorce will cost you 50.

I would like to end with this quote that I found in *Country Living*: "I was reminded that dishes don't have to match, good food doesn't need to be fussy and there is always room for friends).

And with that, have a good week!

*Tina*

## Recipes

### Cremini and Butternut Squash Soup

1 butternut squash  
1 carton chicken broth, divided  
1 large onion, chopped  
1 tbl. olive oil  
1/2lb. Portobello (cremini) mushrooms  
3 garlic cloves, minced  
1 tsp. minced fresh thyme  
1/2 tsp. sage  
1/8 tsp. ground nutmeg  
1/4c. whipping cream  
1/4c. grated Romano cheese

Cut squash in half lengthwise; discard seeds. Place squash, cut side down, in a baking pan coated with oil. Bake at 400 for 55-65 minutes or until squash is tender. Cool slightly; carefully scoop out pulp.

Place in a food processor with 1 c. broth; cover and process until smooth. In a large saucepan over medium heat, cook onion in oil until tender. Add the mushrooms, garlic, thyme and sage; cook 3-4 minutes longer or until mushrooms are tender. Stir in the nutmeg, squash puree and remaining broth. Bring to a boil.

Reduce heat; simmer, uncovered for 20 minutes. Stir in cream; heat through (do not boil). Ladle into bowls; sprinkle with cheese.

### Confetti Cornbread

1 c. flour  
1 c. cornmeal  
3 tbl. sugar  
1 1/4 tsp. chili powder  
1 tsp. salt  
1 c. milk  
1 stick butter  
1 egg  
1 c. finely diced mixed peppers

Preheat the oven to 400 and butter an 8-9" square pan. Whisk all the dry ingredients together in a large bowl. In another bowl, whisk the milk, butter, and egg together. Pour the wet ingredients over the dry and gently stir until the batter is evenly moistened. Add the peppers and stir to combine. (Recipe continues...)

Bake for about 25 minutes, or until a toothpick inserted into the cornbread comes out dry. Cool for at least 15 minutes before serving.

### Fresh Tomato, Sausage, and Pecorino Pasta

8 oz. uncooked penne  
8 oz. sweet Italian sausage  
2 tsp. olive oil  
1 c. vertically sliced onion  
2 tsp. minced garlic  
1 1/4 lbs. tomatoes, chopped  
6 tbl. grated fresh Pecorino Romano  
cheese, divided  
1/4tsp. salt  
1/8 tsp. pepper  
1/4c. torn fresh basil leaves

Cook pasta. Drain. Remove casings from sausage. Add oil to a pan and then add sausage and onion; cook 4 minutes, stirring to crumble sausage.

Add garlic; cook 2 minutes. Stir in tomatoes; cook 2 minutes. Remove from heat; stir in pasta, 2 tbl. cheese, salt, and pepper. Sprinkle with remaining 1/4c. cheese and basil.

### Italian Squash Casserole

1 whole garlic bulb  
2 tbl. olive oil, divided  
1 medium butternut squash, cut into cubes  
2 peppers, cut into 1" pieces  
1 onion, cut into wedges  
2 medium tomatoes, cut into wedges  
1/4c. dry bread crumbs  
3 tbl. minced fresh parsley  
1 1/2 tsp. minced rosemary, crushed  
1 tsp. salt; 1/2 tsp. pepper  
1/2c. grated parmesan cheese

Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off of garlic bulb. Brush with 1/2 tsp. oil. Wrap bulb in heavy duty foil. Bake at 425 for 30-35 minutes or until softened. Reduce heat to 400. Cool garlic for 10 minutes. Squeeze softened garlic into a bowl and mash.

Meanwhile, in a large skillet, sauté squash in 1 tbl. oil until golden brown; transfer to a large bowl. In the same skillet, sauté peppers and onion in remaining oil until crisp-tender. Add to squash. Stir in the tomatoes, garlic, bread crumbs, parsley, rosemary, salt and pepper. Transfer to a greased 9X13 baking dish; sprinkle with cheese. Bake, uncovered for 30-40 minutes or until squash is tender.