

Box Note 16, 9/22/16

Gardener's Breakfast-fresh bagels and melon! L to R Nina, Maren, Jordan, Leo...

News this week

News this week includes the anticipation of 80 degree weather that turned up as 70 degree clouds. Two days in a row! Honestly, why don't the forecasters look out of the window I wonder? I guess we are happy though with our 70s once we forget extra promises and find it hard to remember how far along in the season we are when it is still so green. An adornment to the green, especially in the mornings and evenings here is the necklace of mosquitoes that encircles every sweaty brow. They love rain too. And the frogs love them, and the bats are everywhere, swooping about in happy abandon. We are not terribly honored to be included in the tumult of this little circle of life but there you have it! It needs a particular kind of grit, as Leo noted yesterday, when a hornet crash dived into his soup and died a nasty death a moment from his spoon, to live in the natural world! Looking Nature in the eyeball!

Joining us this Wednesday for three days are Avalon's senior class. These guys come twice a year and the fall trip is a time for them to use their limbs while their minds ponder the theme for their senior projects. What a great combination! Looking forward to seeing them and hoping it does not rain too hard!

We are starting on that traditional fall harvest of squash. Squash comes in a full range and while it is pretty much the same deal, there are differences in texture and taste that lend them particular culinary roles. Lots of people live for squash (this I know from feedback) but for some, it can seem a bit of an ordeal to figure out what is what and how to cook it. For squash novices, I have included a chart for identification and purpose. This is going to be a simple and delicious next four weeks I promise!

Thanks for remembering these- makes it easy for us to pack if we have something to pack in!



What is in the box?

At the time I write this, there are several items on the "planning on it but have not picked it yet" list. This means we may have it for everyone or just for some boxes. Bear with me. Your box will be packed full with the very, very best, we have!

You will get

- Broccoli
- Cabbage (red or cone)
- Carrots
- Cucumber
- Eggplant
- Garlic
- Onions
- Peppers
- Potatoes
- Salad greens
- Squash
- Tomatoes
- Zucchini
- Summer Squash

And for Family- braising mix tatsoi, arugula and mustard- and lettuce

Tatsoi single and couple

And maybe for some size boxes: radishes, Cauliflower, beets, and beans



italia pepper mountain merit and cherokee tomatoes,

salad greens

tatsoi

eggplant



delicata



delicata sugar dumpling



butternut



acorn



buttercup



kabocha



Acorn Squash contains vitamin A, niacin, folate, thiamine and vitamin B-6, but it is queen of the Good Ol' Vitamin C. Good news for this time of the year, no? To maximize the C eat it soon. I know it keeps well in the fridge and you can unearth it next week and appreciate how peppy it looks but it's C is best NOW and not as good then! Also, do not cut it until you eat it. Cutting and preparing sets off the lessening of C and other goodies. To prepare: Acorn does not have a particularly tough skin so it does not require the muscled meat cleaver approach that some others do. However, it is kind of a crinkly customer that does not sit easily on a counter, specializing in sidewise skids that catapult it across the room leaving you with an astounded expression and a piece of your finger on the chopping board. BE CAREFUL. One way to avoid losing digits is to stab it carefully with a sharp knife and put it whole into the oven covered in foil. Bake for about 1 1/2 hours 2 hours. Once baked (a fork goes in) take it out, hold it with a cloth and cut it in half. Scoop out the seeds and then scoop out the flesh. Mash with butter or even maple syrup for a sweet taste.

Butternut Squash A favorite, partly because it is easy to deal with. You can cut it with minimal finger loss, into discs that sit conveniently in a roast-

ing dish. Scoop the seeds in one deft spoonful and just add a little olive oil and cover in foil. You can also peel it easily with a vegetable peeler if you don't like the skin or you want it in a soup or pasta/rice dish. It has a creamy texture which sets it up well for soups!

Buttercup- a sweet and rich flavor with an easier skin to deal with-good roasted.

Kabocha. A pumpkin like squash that is really sweet and good for pies as well as everything else

Delicata-both the long and the Sugar dumpling. So easy to cut, peel or eat the skins, roast, steam, cube in soup. They do not store so well!

Eggplant: You may have discovered already that eggplant does not keep well. To avoid the disappointment of finding dying eggplant at the back of your fridge on Saturday lets' plan NOW! I am not that hot keen on eggplant in itself but as a casserole or **mock eggplant parmesan**, it is amazing and even picky kids will eat it!

1 medium eggplant

For sauce:

2 large tomatoes

1 small onion chopped small

1 small italia pepper de-seeded and chopped small

2 cloves of garlic minced

1 tablespoon balsamic vinegar

For batter:

1 egg

1/2 cup flour (gf works well too)

Pinch of salt to taste

1/4 cup milk

Cheese

Honestly do what you like! You need a cup and half of grated cheese of any type and if your kids only eat cheddar, go for it! Parmesan works wonderfully of course as does a combo.

Cut your eggplant into long, thin slices from end to end. You need enough to fit your chosen casserole dish in three layers at least so choose a small dish if you need to!

In a bowl, whip up your egg, flour, salt and milk. Dip each eggplant in the batter and then fry it on a medium/low heat on a skillet until it is light brown, turning once. Lay out the fried strips on a paper towel for 5 mins and from there, into a bowl.

In a separate pan, fry your onion and pepper, then add garlic for a two minute fry, stirring the while. Add the chopped tomatoes, and balsamic vinegar. Bring to the boil and then cover and simmer until all is combined and "saucy"-about 10 minutes.

In another bowl combine your grated cheeses. With the three bowls of ingredients on front of you; eggplant, tomato sauce, cheese, start layering them in turn into your dish starting with the eggplant, then tomato, then cheese. End with cheese. Cover with foil and bake for an hour on 350. This can also keep, prepped in the fridge or once cooked, for a few days seems even better for the experience.