

Hello all!

It is a bountiful, bountiful fall. We are positively basking in the combination of beautiful Autumn afternoons and chock-full coolers. It doesn't get much better than this!

There was a lovely recipe for Sweet and Spicy Roasted Root Vegetables in the [Washington Post](#). I think I'm going to give it a try--maybe even with some fresh ginger from last week's harvest!

Happy Eating!  
becky

**In The Bag**  
**Potomac Vegetable Farms**  
**Week #4A: October 14, 2014**  
**Featuring: Butternut and Acorn Squash**

**Here is a list of what you may find in your bag this week.** Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

**Mini:** acorn, butternut, peppers, radishes, carrots, onions, mesclun, beets

**Regular:** sweet potatoes, acorn, butternut, broccoli, cabbage, radishes, eggplant, carrots, kale, beets

**Robust:** sweet potatoes, acorn, butternut, peppers, broccoli, cabbage, radishes, carrots, onions, kale, kohlrabi, mesclun, beets

Garlic, potatoes, sweet potatoes, and winter squash go in a cool, dark place. Everything else should be stored in the fridge. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

**NEW (TO SOME) ITEMS:**

**Kohlrabi** is a member of the cruciferous (cabbage) family. The tops are edible --they are very cabbage like--and can be cooked in the manner of any tough green. The bulb has an incredibly crisp texture, similar to a water chestnut, and a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be braised, boiled, stuffed, sliced, scalloped, steamed, julienned, roasted, and sautéed. You can grate it into slaw, toss it into salads, slip it into soups and stews, snack on it raw with dip, and stir-fry it. You can even wrap it in foil and grill it. Be sure to peel your kohlrabi—the outer skin is very tough. Kohlrabi bulbs will keep in your refrigerator's veggie drawer for several weeks. Note that the bulbs tend to become woodier the longer you store them. Remove the leaves before storing and store them separately, as they lack the staying power of the bulb.

## **FEATURING BUTTERNUT AND ACORN SQUASH**

**Butternut Squash** originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be steamed, roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking.

**Acorn squash** is indigenous to North and Central America and was introduced to early European settlers by Native Americans. The green speckled skin is thick and inedible, but the orange-yellow flesh inside is prized for its combination of sweet and peppery flavors. It is most commonly baked, but can also be sauteed, steamed, or stuffed. The seeds of the squash are also eaten, usually after being toasted.

Winter squash is an excellent source of immune-supportive vitamin A (in its "provitamin" carotenoid forms) and free radical-scavenging vitamin C. It is also a very good source of vitamin C, dietary fiber, vitamin B6, manganese, and copper as well as a good source of potassium, vitamin B2, folate, vitamin K, pantothenic acid, omega-3 fatty acids, magnesium, and niacin. Winter squash can be stored for up to 6 months with no loss of nutrition.

## **PRESERVING WINTER SQUASH**

### **Storing Whole Winter Squash**

Left unpeeled, whole winter squash can keep at room temperature for at least 3 months. However, sometimes spots of mold occur that soften the outer layer and ultimately spoil the squash. To prevent mold spots, commercial growers sometimes wax the outsides of winter squashes. If you are going to store unwaxed winter squashes, you can achieve the same effect by oil buffing them.

To oil buff winter squashes, first wash them thoroughly to remove any dirt. Dry them completely (it is important that the surface of the squash be completely dry to prevent mold). Put a small amount of vegetable oil on a paper or clean cloth towel. Rub the oil all over the surface of the squash, buffing off any excess oil. The squash should be just barely shiny and not greasy to the touch.

Be sure to work the oil into the crevices of scallop-shaped squashes such as acorn and delicata varieties.

### **Freeze It**

Winter squash [can be frozen](#) either raw or cooked.

**Raw:** Peel and cut the squash into chunks of any size; 1-inch cubes are a good size. Spread the pieces in a single layer on a baking sheet and place in the freezer. When completely frozen, transfer the squash to a freezer-safe container with 1/2-inch headspace to allow for food expansion. Frozen chunks may be added directly to stews or into the oven for roasting, or thawed before using.

**Cooked:** Depending on the size of the squash, cut it in halves, cubes, or slices. Cook it by roasting, steaming, or boiling. Remove the skins and mash the squash. When cool, pack it into freezer containers with 1/2-inch headspace – or freeze in ice cube trays or

muffin tins and then transfer to a container. The creamy squash puree may be used in lasagnas, soups, dips, and more.

You can also freeze it in chunks by arranging the cooked cubes on a cookie sheet, freezing them, and then placing them in plastic bags.

[Dehydrate it.](#)

[Pressure Can it.](#)

## **RECIPES**

How to Cut, Peel and Eat All the Winter Squash:

[http://www.huffingtonpost.com/2014/10/10/winter-squash-cut-peel\\_n\\_5959418.html](http://www.huffingtonpost.com/2014/10/10/winter-squash-cut-peel_n_5959418.html)

Hard Squash Hummus: <http://food52.com/recipes/24035-hard-squash-hummus>

7-Minute Butternut Squash:

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=151>

Spicy Lentil Stew with Butternut Squash, Chickpeas, and Goat Cheese:

<http://www.hungrygirlporvida.com/blog/2014/10/09/spicy-lentil-stew-butternut-squash-chickpeas-goat-cheese/>

Autumn Ratatouille: <http://dishingupthedirt.com/recipes/dinner/tumbleweed-farm-autumn-ratatouille/>

Brown Butter Spaghetti with Baby Kale and Roasted Butternut Squash:

<http://www.thelittlepicturean.com/2013/04/brown-butter-spaghetti-with-baby-kale.html>

Herbed Butternut Squash Chips: <http://food52.com/recipes/25143-herbed-butternut-squash-chips>

Lamb Stew with Butternut Squash: <http://food52.com/recipes/20348-lamb-stew-with-butternut-squash>

Butternut Squash and Brie Galette: <http://www.happyolks.com/butternut-squash-and-brie-galette/>

Butternut and Kale Quesadillas with Cumin-Lime Yogurt Sauce:

<http://dishingupthedirt.com/butternut-squash/butternut-squash-quesadillas-with-cumin-lime-yogurt-sauce/>

Stuffed Acorn Squash with Mushrooms and Chickpeas: <http://ohmyveggies.com/stuffed-acorn-squash-with-mushrooms-and-chickpeas/>

Stuffed Heirloom Squash with Sausage, Bacon, Caramelized Onions and Sage:

<http://www.myhumblekitchen.com/2012/10/stuffed-heirloom-squash-with-sausage-bacon-caramelized-onions-and-sage/>

Roasted Acorn Squash and Harvest Salad:

<http://www.sproutedkitchen.com/home/2012/11/15/roasted-acorn-squash-harvest-salad.html>

Acorn Squash Quesadillas with Tomatillo Salsa:

<http://smittenkitchen.com/blog/2008/10/acorn-squash-quesadillas-tomatillo-salsa/>

Acorn Squash Dip with Roasted Pumpkin Seeds: <http://fitbottomedgirls.com/2010/12/a-recipe-to-take-to-your-next-holiday-party/>