



# Stoney Meadow Farm 2010 CSA Newsletter

## Something Delicious From The Garden: What might be in this week's share?\*

- ~Tomatoes
- ~Acorn Squash-Golden or Dk. Green
- ~French Breakfast Radishes or White Icicle Radishes
- ~Gypsy Sweet Peppers or Bell Peppers
- ~Potatoes

\* Perhaps a few surprises and substitutions. As the week's progress from the time this newsletter is done, certain vegetables end and new ones just are beginning.

## Recipe of the Week- Acorn Squash

- 1 acorn squash, cut in 1/2
- 2 tablespoons brown sugar
- 2 tablespoons butter, softened
- Salt
- Freshly ground black pepper

Something special:  
Cinnamon  
Maple Syrup  
Tart Apple



### Directions:

Preheat oven to 350 degrees F (175 degrees C). Turn acorn squash upside down in a baking dish. Bake in a 350 degrees F (175 degrees C) oven until it begins to soften, approximately 30 to 45 minutes. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash. Sometimes a sprinkle of cinnamon or maple syrup adds something special. I have also cut up some tart apples into cubes and placed them in the center of the squash before adding the butter, etc. Place squash in a baking dish (so the squash wont slide around too much) while baking. Place squash in the 350 degree F (175 degrees C) oven and bake another 30 minutes.

## History of Squash

Squash has been a staple for the Native Americans for more than 5000 years, and was a mainstay for early Europeans who settled in America. The hard-shelled squash species are uniquely American. The natives revered them and gave them the honor of being part of the Three Sisters. Beans and corn complete the trio and relied upon them for the sustenance. The Three Sisters way of planting originated with the Haudenosaunee Tribe. The story goes that beans, corn and squash are actually three Native American maidens. The three, while very different, love each other very much and thrive when they are near each other. It is for this reason that the Native Americans plant the Three Sisters together. (And so do we.) The corn and the beans made a complete protein and the squash supplied the Omega 3's and Potassium. Whole communities could survive on these three alone if game and/or other foods were scarce. They were also one of the first companion plantings; each contributing to the growth and well-being of the others. The corn supplied support for the beans to climb on and shade for the squash during the heat of the day. The squash plants large leaves shaded the ground to prevent weed growth and deterred wildlife from walking through the vines. The beans fix nitrogen into the soil to feed the corn and the squash. George Washington and Thomas Jefferson were enthusiastic squash growers. In the nineteenth century, merchant seamen returned from other parts of the Americas with many new varieties. This resulted in the various colors, shapes, and sizes that are available today. Winter squash is high in vitamin A (beta-carotene) and is a good source of potassium, fiber, and vitamin C.

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