

Week 14

October 4, 2010

locally grown with care~ your farmer

Stoney Meadow Farm 2010 CSA Newsletter

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

~Winter Squash-Golden or Dk. Green Acorn Squash
or Orange Kabocha
~Potatoes
~Beets

* 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.

What's Happening On The Farm

We are finishing our squash harvest. The winter squash and pumpkins grew very well this year. The harvest fills nearly half the floor of our barn. We have several varieties of winter squash this year. Acorn, Spaghetti, Orange Kabocha, Jamboree, Butternut and Delicata. Actually several of these squashes and other vegetables have won nine first place blue ribbons and three Grand Champions this year. We are still busy digging potatoes. So many left to dig.



2011 CSA Sign Up

With this week's and next week's share you will be receiving a sign up sheet and brochure for next year. We will be continuing the returning member discount of \$50 off a full share and \$25 off a every other week or 1/2 share. The sign up sheet reflects that discount. We are adding a 1/2 share this upcoming year, which will have 16 deliveries with smaller portions of the full share. In an effort to make sure our members can hold their subscription spot, we will have a option for a non refundable deposit of \$25 to hold the spot. Please note that there is a wait list for the Beans and Barley pick up site and the Mount Mary pick up site. If you are interested in signing up for next year, please consider the deposit option.

Recipe of the Week- Orange Kabocha Squash

Similar in appearance to a pumpkin, this variety of squash is a Kabocha winter squash that has a bright reddish-orange skin. Common Kabocha varieties include the Green Kabocha and the Orange Kabocha, also known as the Sunshine squash. Good for baking, the golden orange flesh of the Sunshine, which is a tender stringless flesh, provides a sweet nutty flavor as a side dish, as a filling for pies, as a soup squash, or when prepared in baked goods. Small and globe-shaped, the Sunshine squash typically grows to 3 or 4 pounds in size. Kabocha squash can be baked whole or in halves. To bake whole, pierce the skin with a fork several times and place in a low baking pan with water. To bake one half, cut the squash lengthwise and remove the seeds. The half section can then be placed on a baking pan with the outer skin placed down on the baking pan. There are other numerous ways to cook with the squash, such as in soups, scones, etc. Let me know if you find a good recipe to share. The squash will keep for a month or more in a cool, dry, well ventilated place.



End of the Season Survey

With you registration package, please also find the End of the Season Survey. These surveys are important. We love to hear you comments. We do recognize there have been some reduced yields and crop failures do to this year's record rain, warm spring and humidity. However, overall its been a pretty good year. Every year is a learning experience and one year is never the same as the next. We employ what we've learned in the past, add a little creativity as well and hope (and pray) that all the planning, vigilance and hard work results in good things on your table.

How to reach us:

Steve and Andrea Levsen
Email: stonemeadowfarm@wi.rr.com
Cell Phone: (262) 893-3579
You can also text me at this number.

