

CSA Newsletter, Week 12 of 20

August 27, 2007

This is a Healthy Alternative 'B' week.

Farm Report

by Farmer Tim

Volunteer Days/Customer-Subscriber Potlucks

We are scheduling two special volunteer days for this fall in conjunction with subscriber potlucks.

On Saturday, September 15, we plan on harvesting the bulk of the **winter squash**. (We may harvest some small quantities prior to that, but this is when we will harvest the bulk of it.) Volunteers will meet for lunch at Heritage Prairie and then caravan down to the Konen Farm to harvest squash. Around 4:00 the caravan will head back to Heritage Prairie, where we will be setting up for another Subscriber/Farmer potluck. Volunteers who are attending the potluck can leave their dish at HPM before going down to the Konen Farm. The potluck will begin at 4:30 and end around 7:30. You do not need to volunteer in order to attend the potluck. In fact, those hungry volunteers will need lots of hearty food to feed the hearty appetites they will have worked up harvesting squash. Squash harvesting is a good family activity, but possibly physically difficult for smaller children.

Then, on Saturday, October 06, we will have a similar event for harvesting **pumpkins and ornamental gourds**. Gourds are small, and we also have a lot of mini pumpkins, so this might be a very good activity in which to involve smaller children.

Also, next week (the week of the 20th) we are scheduling another ***Feast on the Farm***. We could really use some help on Tuesday, Wednesday, and Thursday of that week cleaning up the property for the event and helping set up tables and tents. Call the store (630-715-5475) to schedule that.

CSA Produce Forecast

by Farmer Tim

This week's offerings:

Lettuce (romaine and red butter head), winter squash, cantaloupes, corn, tomatoes, potatoes, cucumbers, peppers, tomatillos, beans and a couple of other items.

Heritage Prairie Happenings

by Beth Propst

Dishing it Out

The next event will be on September from 6:00-7:00 pm. The subject will be The ABC's of School Menu Planning.

Farm Store

We now have four dehydrators and are working on dehydrating as much leftover produce as we can. Currently we have dried tomatoes and dried mushrooms available in the store. We are working on packaging for herbs and hope to have them soon. If any one has any ideas for dehydrating other types of produce, we would love to hear about them.

Pages from Grandma Beth's Cookbook

by Beth Propst

Recipes on www.hpmfarm.com

Thank you to those of you who have added recipes to the recipe forum.

<http://www.hpmfarm.com/?p=cfbbs&a=forum.view&fid=11>

Anyone who has an account can post a recipe. Go to the website and click on "get an account" to get an account. Once you have completed the form, the web site will send you a password almost immediately. Depending on your security systems, this might go to your junk mail folder so check that folder if it doesn't show up in your regular mail folder within 10 minutes. (Once you log in with this password you can change your password by going to the profile section and changing your password.) Anyone who is logged in can post on the forums.

Winter Squash Soup

1 butternut or other similar size winter squash
5 tablespoons butter
1 medium onion -- sliced thin
1/2 cup chicken broth
2 cups evaporated milk
2 teaspoons cinnamon
1 small red onion -- very thinly sliced

3 teaspoons sugar

Directions:

- Preheat the oven to 350F degrees.
- Cut the butternut squash in half and scoop out the seeds.
- Place 2 tablespoons butter, the [onion](#), and broth in a casserole dish.
- Place the squash halves over the onion mixture and roast, uncovered, until the squash is soft, about 45 minutes to 1 hour.

Puree the squash mixture in a blender or food processor and pour into a saucepan.

- Add the evaporated milk and cinnamon and simmer for 5 minutes.
- Saute the red onion in 3 tablespoons butter in a skillet over medium heat for 5 to 6 minutes.
- Add the sugar and saute until caramelized, about 4 to 5 minutes.
- Garnish each serving of soup with caramelized onions.

Until next week...

Beth, Tim, Bronwyn, and Bob

P.S. Please email us with questions, comments, suggestions, recipes, and we will include them in future newsletters. We really hope to get a lot of recipes so that in a year or two we can create the Heritage Prairie Market Cookbook.

All newsletters will be posted on the HPM web site in the Forums section by 8:00 Monday morning.

If you need to contact us during the week, please call the Heritage Prairie Market phone (630-715-5475), Beth's cell phone (630-485-9964) or Tim's cell phone (630-485-9963). E-mail works if you do not have an immediate need, but response may take 24-48 hours during busy times.

Thanks.