



IN THIS BOX:

1/2 # Not-So-Spicy Salad Mix
 1 Microgreen - Sunflower
 2 p Cherry Tomatoes - Sun Gold & Black Cherry
 1 Cucumber - Suyo Long
 2 Winter Squash - Delicata
 1# Potatoes - Yukon Gold
 1 Muskmelon - Rocky Ford
 1 Cantaloupe - Jenny Lind

PRODUCE
FRESH

About This Week's Produce

Winter Squash - Delicata is a personal favorite here at Eastward Gardens... and yes it definitely is a sign of the end of Summer and the beginning of Fall. According to Fedco Seeds this variety is, "from an old strain that was affected when the trade allowed this beloved 1894 heirloom to be crossed by desert gourds." This lovely ivory-colored with dark green stripes oblong fruit should have a sweet flesh...if you cut it thin when cooking you can even eat the tender skin. "In storage the green stripes will turn orange and the cream background sometimes will turn yellow." We hope you enjoy this in the recipe of the week!

Cantaloupe - Jenny Lind is the featured item in the box this week! This melon dates back to the 1840's and according to Baker Creek Heirloom Seed company, "was sold by many seed companies of the day," Named after Jenny Lind the famous singer AKA "The Swedish Nightingale." This turban shapes melon is very sweet with a light green flesh...Yes, that's right a green flesher cantaloupe. Please always remember if your melon is not super sweet let us know so we can bring you another melon the following week...all the melons you are receiving should be sweet!

Just a Reminder about the Sunflower Microgreens..

- They have 4X the nutrition as kale
- They are delicious on salads or sandwiches
- Store these in the bag in the frig for ~one wk
- It is a one time cutting so just cut when ready to eat and enjoy!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Roasted Delicata Squash

Modified from summer tomato.com

Ingredients

2 delicate squash
 2 Tablespoons olive oil
 sea salt to taste

Directions

Preheat oven to 425 degrees. Clean the delicata squash by running under warm water & scrubbing away dirt with your hands. If there are any hard spots on the squash, you can scrape them off with a butter knife.

With a sharp knife, cut delicata in half lengthwise. With a spoon scoop out the seeds & discard (you can save these & prepare them like pumpkin seeds if you wish). Cut each delicata half into 1/2 inch segments, creating moon-shaped pieces that have slight bumps around the curve.

Arrange the pieces in a single layer in a baking pan & coat in 2 tbsp olive oil. Too much oil can make the squash soggy. Salt gently. It's okay if the pieces are a little crowded, but try to maximize the surface area of the squash touching the pan. Place in oven and roast 10 minutes. Using a spatula to turn the squash in the pan.

Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and the texture is creamy to the teeth all the way through, about 25-30 minutes. Adjust salt.

Serve as a side dish with the rest of your dinner.

Farm Happenings

We'll the colder weather has officially caused our basil to yellow & has really slowed down the tomatoes, no more Summer squash & this will be the last of the cucumbers...to everything there is a season! We will be working hard this week to get the cabbage, broccoli, chard & head lettuce transplanted & are praying for a blessed Fall harvest to share with you this year. Thank you for all of your support! Your Farmers the Lesher's