



## IN THIS BOX:

- 1/2 # Not-So-Spicy Salad Mix
- 1 p Cherry Tomatoes - Sun Gold
- 1 Cucumber - Lemon
- 1 Winter Squash - Pennsylvania Dutch Crookneck
- 1# Carrots - Dolciva
- 1 Watermelon - Yellow Moon & Stars
- 1 Roasting Pepper - Red Jolene

PRODUCE  
FRESH

## About This Week's Produce

**Winter Squash - Pennsylvania Dutch Crookneck** is the winter squash variety of the week. According to Baker Creek Heirloom Seed Co., "this variety is a popular 19th century Pennsylvania variety that is still grown in many Amish communities." AKA "Neck Pumpkin" because of its long crooked flesh-filled neck. The rich flavor "makes it so popular with Amish wives for making their delectable pumpkin pies, butters & other deserts. If you can't get to this one right away it is a good keeper. Store away from light, do not expose to color or heat, a temp between 50-60 degrees F with a humidity of 60% is ideal. Refrigerate only if it has been cut or cooked. Enjoy this delightful Fall treat!

**Watermelon - Yellow Moon & Stars** is the featured item in the box this week! This yellow-meated strain of heirloom melon is beautiful on the outside & the inside. The outside has little yellow dots like stars and usually a few bigger yellow dots like a moon....so cool right! Inside the flesh is yellow-orange & very sweet. We have learned some tips we would like to share about harvesting watermelon: You know when they are ready when there is a "paler, almost yellow area on the skin where the melon lay on the ground during ripening," AKA "a sugar spot." If it doesn't have one, it means that the watermelon was picked prematurely. You can also tap the watermelon lightly with the palm of your hand; if there is a "thudding" sound is an indication that the fruit is full of water & ready to eat. We hope you enjoy this taste of summertime this week! REMEMBER... PLEASE MAKE SURE TO TELL US IF IT IS NOT SWEET AND WE WILL BRING YOU ANOTHER MELON NEXT WEEK!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Autumn Gold Squash Soup

Modified from Sundays at Moosewood Restaurant

#### Ingredients:

- 1 medium to large Pennsylvania Dutch Crookneck (about 2 cups coked flesh)
- 1 large onion, chopped (about 3 cups)
- 2 Tablespoons olive oil
- 1/4 teaspoon ground coriander seed
- 1/8 teaspoon ground cardamon
- 1/4 teaspoon dried thyme
- 2 bay leaves
- 1 medium carrot, diced
- 2 celery stalks, chopped
- 1 1/2 cups water
- 1 1/2 cup tomato juice
- 1 cup apple juice
- 1 cup orange juice
- sea salt to taste

#### Directions

Bake the squash. To bake, halve the squash & scoop out the seeds. Place the squash halves cut side down on an oiled baking sheet & cover loosely with aluminum foil. Bake at 350 F until tender, about one hour. Scoop out the pulp & discard the skin. Meanwhile, sauté the chopped onion in oil with coriander, cardamon, thyme & bay leaves until the onion is translucent. Add the diced carrot, celery & the water. Cover & simmer until carrots are tender. Remove the bay leaves. In a blender or food processor, puree the cooked squash, the onion-carrot mixture & the juices in batches. Combine all & gently reheat the soup. Add sea salt to taste...Bon appetit!

## Farm Happenings

Well last week I said no more cucumbers & the lemon cucumbers decided one more week was in store. We did get the head lettuce, broccoli & half the cabbage transplanted before the rain. However, the chard, kale & rest of the cabbage will desperately need to go in as soon as the ground is dry enough. This is a walk in faith & we know that God has always provided in the past & will provide again this season! Thank you for all of your support! Your Farmers the Leshers