



# THE RADISH BUNCHER

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## CSA NEWSLETTER

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August 31, 2010

### IN THE BOX

- ~Sunshine Squash
- ~Fancy French Green Beans
- ~Cherry Tomatoes
- ~Scallions
- ~Cucumber
- ~Eggplant
- ~Sweet Basil
- ~Red Pepper
- ~Lettuce
- ~Hot Peppers
- ~Garlic
- ~Tomatoes (Slicing & Romas)

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Sunshine squash are beautiful orange squash. They are in the same family as buttercup and kabocha squash. You can cut these squash in half, scoop out the seeds and bake it at 350 degrees until a fork goes into the squash easily.

Usually, winter squash has a long shelf life so you could wait several weeks to eat this squash. However, in the past I've had some problems with this variety. I think you should cook this squash soon. It may not feel like squash weather today. But as the temperatures drop this week, you may feel like eating squash. You could also freeze the cooked

squash and use it at a later date. This is all we have of this squash so enjoy it.

We have a new planting of green beans for your boxes. I don't know if we will have more next week. This may be the last beans for this season.

Remember to leave your red pepper out on the counter to let it get fully red. They should be a nice deep red when they are perfect for eating. The sweet peppers are starting to produce well. I hope to have more to harvest in the weeks ahead.

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### THIS WEEK'S RECIPES

#### Baked Squash and Apples

*(Simply in Season)*

- 2 pounds squash
- 2-3 baking apples
- 1/3 cup brown sugar
- 3 tablespoons butter
- 1 tablespoon flour
- 1 teaspoon salt
- ¼ teaspoon ground mace (optional)

Peel squash and remove seeds. Cut into ½ inch slices. Arrange in an ungreased oblong baking dish. Core apples and cut into ½ inch slices. (You can peel the apples or leave the skin on. Use red-skinned apples for an attractive colorful dish).

Combine brown sugar, butter, flour, salt, and mace (optional) in a small bowl. Sprinkle on top of apples and squash. Cover and bake at 350 degrees until squash is tender, 40-50 minutes.

## **Tabouli**

*(The Moosewood Cookbook)*

1 cup dry bulghar wheat  
1½ cups boiling water  
1½ teaspoons salt  
¼ cup fresh lemon juice  
1 heaping teaspoon crushed, fresh garlic  
½ cup chopped scallions (include greens)  
¼ cup good olive oil  
2 medium tomatoes, diced  
1 packed cup freshly chopped parsley  
1 chopped cucumber  
Fresh black pepper  
Optional:  
½ teaspoon dried mint  
½ cup cooked chickpeas  
½ cup coarsely grated carrot  
1 chopped green or red pepper

Combine bulghar, boiling water and salt in a bowl. Cover and let stand 15-20 minutes or until bulghar is chewable. Add lemon juice, garlic, oil and mint (optional) and mix thoroughly. Refrigerate 2-3 hours. Just before serving add the vegetables and mix gently. Correct seasonings. Garnish with feta cheese and olives.

Some notes: Bulghar is toasted wheat and can be found at Copps, Willy St Co-op, Whole Foods and other grocery stores. If wheat is not your thing, you can make this salad with millet as well.

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## **News from the Farm**

The big news is that we have only received one inch of rain in the last 10 days. That is amazing in this season of overly excessive rainfall. I actually turned on the irrigation tonight as some of the crops are looking a little dry. We do have rain in the weather forecast, but I don't think it will be excessive.

Usually I struggle more with issues associated with drought than with excessive rains. In fact, last year after struggling so much with low water pressure and volume for irrigation and veggie washing, I decided to put in a new well, pump and irrigation system. Ironically, we've used the new water system very little this season. I know we will need the new water system in some future season, so I'm happy it is all in place.

## **Fall Farm Party**

The Fall Farm Party will be on September 11<sup>th</sup>. We will start at 4 pm and last as long as folks are still on the farm. We will have a potluck supper and a tour of the farm. We will have a campfire and smores.

More details will follow in next week's newsletter. I would like to get an idea of how many people to expect. So please RSVP to let me know you are coming. RSVP to [lunacirclefarm2@yahoo.com](mailto:lunacirclefarm2@yahoo.com). Please let me know how many people will be in your party. Thanks. I hope to see you all at the party.