



From Far Afield

A newsletter of the Tolstoy Farms CSA - September 2 & 5, 2015

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SEPTEMBER IS UPON US, and with the weather cooling off it feels like fall coming. The weather forecast for Wednesday through Friday nights is calling for low temperatures to be in the 40-41 degree range in Davenport. Typically our lows are 3-8 degrees below Davenport, meaning we are getting into the frost zone. The temperatures are supposed to warm up after Friday night, so hopefully we make it through without a frost.

Something else which bodes autumn is in your box this week: winter squash. Winter squash is dif-

ferent than summer squash in that it is harvested fully ripe (that is when the seeds are fully developed); it has a hard outer shell, a richer flavor, and requires much longer cooking than its tender summer squash cousins. Pumpkins are a type of winter squash; other varieties we grow are buttercup, acorn, carnival, delicata, spaghetti, and red kuri. Winter squash earn their name for the fact that they may be kept into or through the winter. Winter squash improve in texture and flavor if stored for a week or two at room temperature before eating. All squashes provide vitamin A and vitamin C, some of the B vitamins, calcium, potassium, iron, riboflavin, thiamine and are a good source of fiber.

You have the variety of squash called **Red Kuri** this week. Red Kuri is also known as Orange Hokkiado or in Japan, where this variety was developed, Uchiki Kuri. Kuri in Japanese means "chestnut", a reference to a predominant part of its flavor. Its yellow, sweet, nutty flesh is excellent roasted or in soups. Red kuri is a *maxima* squash, i.e: in the specie *Cucurbita maxima*, as is Buttercup, versus *Cucurbita pepo*, the specie classification for Spaghetti, Acorn, Carnival, and Delicata squashes. Maxima squashes are very good for pies or added to breads, muffins, and cookies. Due to their eye-pleasing colors and shapes, winter squash also make attractive décor until eaten.

The broccoli has gotten a few aphids on it in the field. These are very small, sap-sucking bugs. We have thoroughly washed the broccoli to remove them all, but in the unlikely event you find some on yours, simply soak in cold, lightly-

salted water for fifteen minutes then swish the heads vigorously for a few seconds and they should all come off. Do this directly before using.

I was just looking at a list compiled by the Consumers Union (the publishers of Consumer Reports magazine) of the fifteen fruits and vegetables with highest pesticide residues in the U.S. Five of them (bell peppers, green beans, cucumbers, winter squash, and potatoes) are in your box this week. Three others (strawberries, spinach, and celery) have been in your box other weeks. Eight of the fifteen worst you have had free of pesticide residues through this CSA. Nice. As a side note, five others on the list (cherries, apricots, peaches, apples, and pears) you can get certified organic and pesticide residue free at the booth next to ours at the Spokane Farmers' Market, Cliffside Orchard. Not all of these things are at our booths at the same time, unfortunately, but such are the benefits and limitations of shopping in-season locally.

You have a couple of shallots this week. Shallots are used in cuisines around the world, from France, where they are used in Béarnaise sauce and vinaigrettes, to India, where they are used in curries.. They are used a fundamental ingredient in Thai cuisine, where they are often roasted and crushed with garlic and hot peppers to make a chile paste, or they are sliced in strips and fried to be used as crisp sprinkles.

Basil is your herb. If we have killing frosts, some items may be adapted for Saturday. Enjoy Your produce.

In Your Box

- 2 pound Carola potato
- 1 Red Kuri squash
- 1 bunch broccoli
- 1 pounds tomatoes
- 1 bunch carrots
- 1 1/2 lb. beans
- 1 bunch red and gold beets
- 1 sweet onions
- 2 shallots
- 1 head garlic
- 1 lettuce
- 3 cucumber
- 1 1/2 pounds zucchini
- 1 bunch chard
- 1 bunch mustard greens
- 1 bunch basil
- 1 sweet pepper
- 1 Jalapeno pepper
- 2 Serrano
- 1 Ancho pepper

Beet, Goat Cheese & Honey-drizzled Tarts

1 red beet
1 golden beet
2 tablespoons olive oil

1 sheet puff pastry, thawed
1 egg + 1 teaspoon water, beaten
6 ounces goat cheese
1/4 teaspoon salt
1/4 teaspoon pepper
3 tablespoons honey
fresh basil leaves for garnish

Preheat the oven to 425 degrees F. Slice the greens off the beets and scrub the outsides. Rub them down with olive oil then wrap tightly in aluminum foil. Roast for 1

hour, or until tender enough to slice. Unwrap the beets and let cool until they are comfortable to the touch. Once cool, rub the beets to remove the skin. It should peel right off!

Using a mandolin or sharp knife, slice the beets into 1/4-inch slices. I like to always start with the golden beet so the color remains and it doesn't turn red.

Place the thawed puff pastry on a baking sheet. Brush it with the beaten egg wash. Take 4 ounces of the goat cheese and spread it evenly over the pastry. Add the sliced beets on top - however you'd like. Season with the salt and pepper and crumble the remaining goat cheese on top. Bake for 25 minutes or until the pastry is puffed and golden. Remove and drizzle the honey over top. Garnish with a few basil leaves. Serve immediately.

Red Kuri Gratin

- 1 large red kuri squash, seeded, cooked and coarsely mashed
- 3 ounces Gouda cheese, shredded
- 2 cups milk
- Salt and pepper

Preheat broiler to 400 degrees F.

In a bowl, add milk to the mashed red kuri squash. Fold in 2 ounces of the Gouda cheese. Salt and pepper to taste. Spoon mixture into a broiler-proof baking dish. Sprinkle remaining cheese on top along with another sprinkle of ground black pepper. Brown in broiler.

Red Kuri Coffee Cake

Topping:

- 2/3 cup oats
- 1/2 cup whole almonds
- 3 Tbl melted butter
- 1/4 cup palm sugar

Pulse the oats in a blender till they resemble a coarse flour. Add the almonds and pulse a few more times until the almonds are in small chunks. (Alternatively, chop up the oats and almonds with a sharp knife and add 1/4 cup whole wheat pastry flour). In a bowl combine the almond/oat mixture, melted butter and sugar and set aside.

Cake:

- 1 1/2 cups whole wheat pastry flour
- 1/2 cup all purpose unbleached flour
- 1/2 cup palm sugar or organic cane sugar
- 1 Tbl cinnamon
- 1 tsp baking powder -aluminum free-
- 1/2 tsp baking soda
- 1/2 tsp sea salt

- 1/2 tsp fresh ground nutmeg
- 1/2 stick unsalted butter (4 Tbl) -room temperature/soft
- 1 egg
- 1 cup buttermilk
- 3/4 cup baked kuri squash (or other winter squash)
- 9 or 10 inch baking dish or bread pan, rubbed with butter

Preheat oven to 350 degrees. Sift flours, sugar, cinnamon, baking powder, baking soda, salt and nutmeg into a medium bowl pouring back into the bowl any leftover ingredient bits from the sifter. Softly mix to incorporate. Add the softened butter and mix in with a spatula.

Whisk together the egg, squash and buttermilk. Again with the spatula (or spoon) gently mix the wet mixture with the dry mixture until just combined. Pour into the buttered baking dish and sprinkle with the reserved topping. Place on a middle rack in the oven. Bake 45 minutes to 1 hour until a toothpick inserted into the center comes out clean. Serve coffee cake warm.