

SUMMER CSA NEWSLETTER, WEEK 8



Inglewood Pecan Halves

Lunch Box Peppers

Purple Basil

Winter Squash, farmer's choice (2)

Eggplant (4)

Okra (quart)

Three words have been ringing through the ears of just about anybody that has children, knows someone with children or owns a television, *"Back to School"*. New clothes, new supplies, new friends- NEW everything, so it seems.

We can relate. As summer is coming to a close, and with only three weeks left in our Summer CSA, the farm is looking to Fall and it feels like we need NEW everything, too - New seeds, New supplies, New crew members to help with the Fall Planting and Harvest.

You, our Community Supported Agriculture members, are an instrumental factor in the beginning of a new season for the farm. By joining another season you allow us to better gage our field plan and help with the large up-front costs it takes to grow the highest quality seasonal produce in Central Louisiana. Kind of like when the grandparents help out with new school clothes for another successful school year for the kiddos.

And, to ensure that everyone who wants to join has access to the CSA program for Fall, we are offering an affordable payment plan to those interested. We will save your place at the table for the Fall CSA if you pay \$200 this month and the balance of \$124 next month or by your first scheduled pick-up date. Anybody that is interested can pay the deposit at market or over the phone.

While putting the box contents list together for this week, we really wanted to embrace the feeling that fall is near and included Winter Squash and Inglewood Pecans! Though winter squash is a crop that is produced during the summer months, its thick skin allows it to be stored when cured properly, therefore has become a fall favorite.

Nutrients are not fleeting from these pumpkin relatives; they contain Omega 3, Iron, Potassium, Beta Carotene, and Vitamins A, C and several of the B's, among other things.

My most favorite way to prepare and enjoy winter squash is to simply slice the gourd in half and scoop out the seeds (these can be roasted). Lay meat side up on a parchment lined sheet pan/cookie sheet and drizzle a fat of your choice on the meat – Inglewood Pecan Oil, Butter, Olive Oil, or Coconut oil are all good. Salt and pepper to taste; and bake until soft at 350° in a preheated oven. Remove from oven and you will now have a soft delicious squash to work with and add to recipes such as soups, quick breads, risotto, the possibilities are endless. I personally enjoy eating it as is with a spoon.

Also, consider stuffing the little squash (with sausage, pecans, peppers, etc.) before baking. A quick Internet search for “stuffed winter squash” pulls up a slew of suggestions. You could even chop and sauté the rest of the box contents and stuff your squash with that (Be sure you share pictures and recipes if you do!).

Our CSA members are the best cooks and we love to get recipes and pictures from you all. If you have a favorite dish you like to make, please send us the recipe and we will be sure to share it with the rest of the community, such as this recipe:

Mike's Summer Omelet

Chop 2 Okra, 1 Jalapeno, and about 10 Cherry Tomatoes.

Heat up the cast iron pan, okra first, then chilies and cherry tomatoes.

Pour beaten egg over. I put in a little of this cheese that is dusted in pimento (or cheese of your choice) and tiny green onion. Let it set gently, than roll it up.

One final recipe,

Candied Pecans, we love this sweet snack in our home as a dessert topper or as a stand-alone dessert.

Caramelize $\frac{1}{4}$ c Butter and $\frac{1}{2}$ c Sugar. Add a couple of TBSP of milk or cream. Incorporate 1 or 2 cups of pecan halves with the sugar and milk mixture.

Spread nuts evenly on a parchment lined baking sheet and bake at 300° for 5 mins. Cool completely.

Possible add-in: Cinnamon, Maple, Vanilla, Chili, or Hot Sauce. To taste.

Enjoy!

-Farmer Elizabeth