

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twentieth Harvest: 10/14/14 & 10/17/14

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## Grandma Ivah's Pumpkin Pie

Amy Goldman, author of *The Compleat Squash*, suggests the following method to cook the Winter Luxury Pie Pumpkin (which may also work for the Baby Pam Pumpkin):

Winter Luxury should be baked whole, pierced for a few tiny vent holes, stem trimmed. If you wish, you can cut a lid, remove the strings and seeds, and replace the lid loosely before baking (this method yields a drier pie).

Bake at 350°F for an hour or so until it “slumps” and softens. Take care when you cut and remove lid after baking – the cooked pumpkin is hotter than hot potatoes. Seeds and strings come out easily. Take a large spoon and scoop the pumpkin out like ice cream. The flesh easily peels away from the desiccated rind. Puree the flesh in a blender or food processor, adding liquid if needed.

1-1/2 cup pumpkin puree  
3/4 cup sugar  
1/2 teaspoon salt  
1 to 1-1/4 teaspoon ground cinnamon  
1/2 to 1 teaspoon ground ginger  
1/4 to 1/2 teaspoon ground nutmeg  
1/4 to 1/2 teaspoon ground cloves  
3 eggs  
1-1/2 cups milk (preferably whole)  
2/3 cup (about 6 ounces) evaporated milk or heavy cream

Preheat oven to 400°F. Prepare pie plate with a single pie crust.

Mix pumpkin puree, sugar, salt and spices. In a separate bowl combine eggs, milk, and evaporated milk or cream. Blend milk mixture into pumpkin mixture (texture will be very thin). Pour into pie crust. Bake for 50 minutes or until the center of the pie has begun to set. The pie will continue to set as it cools to room temperature.

<http://blog.seedsavers.org>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Seventeenth Harvest: 9/23/14 & 9/26/14

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## **Braised Red Kuri Squash**

1 red kuri squash, any size  
2-3 tablespoons olive oil  
1 garlic clove, minced  
Water  
Salt

Scrub the squash well to remove any dirt. Slice the squash in half and scoop out the seeds. Cut the halves into 1-inch slices, and then cut the slices into chunks that are roughly 2" in size.

Heat a skillet over medium-high heat. Add the oil, followed by the squash, and cook for a few minutes,

stirring occasionally. Stir in the garlic, then add ¼ inch of water to the skillet and bring it to a boil.

Cover and reduce the heat to a simmer. Cook until the squash is fork tender, about 10 minutes. Taste and season with salt.

Note: For richer flavor, cook squash in vegetable or chicken stock. Cooked squash may be left in chunks or mashed. To give dish an Indian flair, add a little ground cinnamon and curry powder when you add the garlic.

*Contributed by Louisa Shafia, author of The New Persian Kitchen  
via <http://www.rachaelray.com>*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixteenth Harvest: 9/16/14 & 9/19/14

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## Warm Acorn Squash Salad

1 acorn squash cut in 4 pieces  
4 cups spinach  
2 cups bitter greens  
1 apple cut in long match sticks  
1/4 cup toasted chopped pecans  
1/4 cup salted toasted pumpkin seeds (pepitas)  
4-6 oz. goat cheese

### *Vinaigrette:*

2 T extra virgin olive oil  
2 T agave nectar  
1 teasp. ancho chili powder  
2 teasp. freshly grated ginger  
zest and juice of one lime  
1/2 teasp. kosher salt

*Serves 4*

Place the squash segments in a baking sheet lined with parchment or aluminum foil, salt and pepper. Roast at 450°F for 25-30 minutes, checking half way to rotate the pan. Bake until fork tender.

In a salad bowl combine, spinach, greens, apples, toasted pecans, and toasted pumpkin seeds.

*Vinaigrette:* Slightly warm olive oil (warm to touch). Add agave, chili, ginger, lemon zest, juice and salt, whisk until well combined (or place into a small glass jar and shake).

Once the squash is roasted, toss salad with some of the dressing, and top each acorn squash wedge with the salad.

Dress with crumbled goat cheese and drizzle a little more of the vinaigrette. Enjoy!

<http://yes-moreplease.com/>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixteenth Harvest: 9/16/14 & 9/19/14

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## Acorn Squash Spinach Salad

2 medium acorn squashes  
5 tablespoons olive oil, divided  
1/2 teaspoon chipotle chile pepper  
2 handfuls baby spinach  
1/4 cup crumbled blue cheese  
1/4 cup chopped pecans  
2 tablespoons balsamic vinegar  
1 teaspoon honey  
kosher salt and freshly cracked black pepper to taste

Preheat oven to 425°F. Cut unpeeled squash in half from top to bottom. Turn squash on its flat side and cut 1/2-inch slices and place on a baking sheet. Using a spoon, remove any of the seeds from the cut squash.

Drizzle sections with 2 tablespoons of olive oil and dust with chile pepper. Season with salt and pepper and roast for 15 minutes. Check squash for tenderness. If not tender, roast another 5-10 minutes and remove.

In a large salad bowl, toss together spinach, blue cheese, pecans and roasted squash.

Whisk together remaining olive oil, balsamic vinegar and honey. Season dressing with salt and pepper and then drizzle over the salad. Toss to combine and serve immediately.

<http://whatsgabycooking.com/>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fifteenth Harvest: 9/9/14 & 9/12/14

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## **Pear & Squash Salad with Clean Balsamic Vinaigrette**

- 1 medium delicata squash
- 1/2 tbsp olive oil
- sea salt & pepper to taste
- 1 head of boston lettuce, washed
- 1/3 cup toasted pumpkin seeds
- 1 large bartlett pear, sliced very thinly
- 1/2 cup snow peas, trimmed and halved
- 1/2 cup chopped cucumber
- 1 small chopped green bell pepper
- 3 tbsp dried cranberries
- 4 tablespoons maple balsamic vinaigrette (recipe below)

Preheat oven to 425°F. Cut squash in half, de-seed and slice each half into half moon pieces. Place in a large bowl and toss with olive oil, salt & pepper. Roast on a baking sheet for 30 minutes until tender, turning half way through roasting.

In a large bowl toss the lettuce, cucumber, snow peas, bell pepper, dried cranberries and vinaigrette together. Portion between plates and top with roasted squash, sliced pear, and toasted pumpkin seeds. Enjoy!

## **Maple Balsamic Vinaigrette**

- 1 tbsp whole-grain Dijon mustard
- 1/4 cup Balsamic vinegar
- 3/4 cup extra virgin olive oil
- 2 tbsp maple syrup
- sea salt & freshly ground black pepper to taste

Combine the mustard and vinegar in a large mixing bowl or blender. Slowly drizzle in the olive oil while whisking to emulsify. Whisk in the maple syrup and season, to taste, with salt and pepper.

Store in a jar with a lid or air tight container and keep refrigerated.

[www.ediblesoundbites.com](http://www.ediblesoundbites.com)

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fifteenth Harvest: 9/9/14 & 9/12/14

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## **Salad with Roasted Delicata Squash, Broccoli & Tahini Vinaigrette** *Serves 3-4*

- 1/2 head broccoli florets
- 1 delicata squash, sliced and seeded
- 1 cup mixed tender greens (arugula, mizuna or pea shoots)
- 1 cup thinly sliced red cabbage
- 2 tablespoons diced red onion
- 2 radishes, thinly sliced
- Coarse salt and pepper
- 1/4 cup tahini sauce
- 1 tablespoon raw pumpkin seeds

Heat oven to 400°F. Lightly spray or drizzle a baking pan with olive oil and lay squash onto the baking sheet, taking care not to overlap. Sprinkle with salt and pepper and roast, about 20-30 minutes, flipping each piece halfway through.

In the meantime, steam broccoli florets until bright green and tender, ~4 minutes. Remove and set aside.

In a bowl, toss greens, cabbage, radishes, and red onion. Top with steamed and roasted vegetables and season with salt and pepper. Drizzle with tahini sauce and sprinkle with pumpkin seeds.

*Adapted from Whole Living, recipe listed as  
"Rainbow Salad with Roasted Squash, Broccoli and a Tahini Sauce"*  
<http://dinnerwithaura.com>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fifteenth Harvest: 9/9/14 & 9/12/14

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## Winter Caprese Salad with Caramelized Delicata Squash

*Serves 4*

- 1 lb. delicata squash, halved and seeded
- 2 teaspoons olive oil, plus 3 tablespoons for drizzling
- 1/2 teaspoon sea salt
- 6 ounces fresh mozzarella, cut into 8 slices
- 2 cups baby spinach leaves
- 1/4 cup basil, chopped
- 2 tablespoons reduced balsamic vinegar, or balsamic crema
- Freshly ground black pepper and sea salt for sprinkling

Preheat oven to 400°F and line a baking sheet with parchment paper.

Cut the squash halves into 1/2" pieces and place on baking sheet. Drizzle with 2 teaspoons of olive oil and sea salt. Roast for 10 minutes, turn squash over and roast another 10 minutes or until squash is tender and browned.

Arrange mozzarella, spinach and roasted squash onto 4 salad plates or 1 serving platter. Garnish with basil, reduced balsamic vinegar, and remaining 3 T olive oil. Sprinkle with sea salt and freshly ground pepper.

Best served immediately while squash is still crispy.

*<http://gi365.info/food>*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighteenth Harvest: 10/1/13 & 10/4/13

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## Roasted Winter Squash Salad

Serves 6

- 1 pound roasted kabocha squash, cut into 1-inch chunks, skin removed
- 4 celery stalks (with leaves if possible), diced
- 1/2 medium red onion, finely chopped
- 2 big handfuls toasted walnuts, chopped
- 1/4 C dried currants or dried figs
- 2/3 C beer (something along the lines of Anchor Steam)
- 2 teasp. Dijon-style mustard
- 2 T cider vinegar
- 3 T olive oil
- 1-1/2 teasp. honey or brown sugar
- 1/4 teasp. fine grain sea salt

Roast the squash.\* Make the dressing: Whisk together beer, mustard, vinegar, olive oil, honey, and salt. Taste, adjust with more sugar or salt if needed, and set aside.

Toss the squash in a large bowl with about a third of the dressing. Let it sit for a minute or two, add more dressing, most of the celery, red onions, walnuts, and currants. Toss again. You'll likely have dressing left over, but this is a salad you should overdress in the beginning - the squash really drinks it up. Also, taste for seasoning at this point and add more salt if needed. Sprinkle with the remaining celery, red onions, walnuts, and currants, and enjoy. Let sit at least 5-10 minutes and serve.

**Note:** \*Roast squash: Toss 1-1/2 inch thick slabs of (de-seeded) squash with a few gluts of olive oil, a sprinkling of salt, and 1 teaspoon chopped rosemary in the top third of a 425°F oven until completely tender, about 15 to 20 minutes. Remove and let cool. For this recipe, slice into 1-inch chunks, leaving the skin behind.

*101cookbooks.com*



# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twentyfirst Harvest: 10/23/12 & 10/26/12

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## Winter Squash Soup with Gruyere Croutons

### Soup:

- 1/4 cup (1/2 stick) butter
- 1 large onion, finely chopped
- 4 large garlic cloves, chopped
- 3 14-1/2 ounce cans low-salt chicken broth
- 4 cups 1-inch pieces peeled butternut squash (1-1/2 lbs.)\*
- 4 cups 1-inch pieces peeled acorn squash (about 1-1/2 lbs.)\*
- 1 1/4 teaspoons minced fresh thyme
- 1 1/4 teaspoons minced fresh sage
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground ginger
- 1/8 cup whipping cream

### Croutons:

- 2 tablespoons (1/4 stick) butter
- 24 1/4-inch-thick baguette bread slices
- 1 cup grated Gruyere cheese
- 1 teaspoon minced fresh thyme
- 1 teaspoon minced fresh sage

**For soup:** Melt butter in large pot over medium heat. Add onion and garlic and sauté until tender, about 10 mins. Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 mins.

Working in batches, puree soup in blender. Return soup to same pot. Stir in cream and bring to simmer. Season with salt and pepper. (Can be made 1 day ahead. Chill. Rewarm over medium heat before serving.)

**For croutons:** Preheat broiler. Butter 1 side of each bread slice. Arrange bread, buttered side up, on baking sheet. Broil until golden, about 1 minute. Turn over. Sprinkle cheese, then thyme and sage over. Sprinkle with salt and pepper. Broil until cheese melts, about 1 minute. Ladle soup into bowls. Top each with croutons and serve.

*\*Suggest roasting squash, halved and seeded, on a baking sheet coated lightly with oil at 425° until soft, adding to the pot, and cooking it the rest of the way.*

*www.smittenkitchen.com  
Adapted from Bon Appétit, December 1996*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/9/12 & 10/12/12

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## Roasted Delicata Squash and Onions

- 2 pounds delicata squash (about 2 large)
- 1 medium red onion, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard

Preheat oven to 425°F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.

Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

*Source: EatingWell: November/December 2010*

*Submitted by Maria Boutell, CSA Member*

## Roasted Delicata Squash

Delicata is one of our favorite winter squashes on the farm, and usually the first out of the field in the fall. “Winter squash” is actually grown in the summer, but keeps through the winter at room temperature because of the hard shell. Delicata is moist and very sweet and is best used before January.

***A quick and easy prep:*** Slice in 1/2” rounds, scoop out the seeds with a spoon, cover with foil and bake on a cookie sheet at 375°. Brush with a small amount of olive oil, salt and pepper, and the sugars will caramelize as it browns slightly. Turn the slices once, and it’s ready in 25 to 30 minutes.

*Submitted by Liz Milazzo, Field Production Manager*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Winter Harvest: 12/9/11

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## Andrew's Butternut Black Bean Enchiladas

- 1 medium Butternut squash
- 1 large red onion
- olive oil
- salt
- cayenne pepper
- 4 cloves garlic
- Feta cheese (1/2 cup crumbled)
- 1 large can green enchilada sauce (14 oz.)
- 12 corn tortillas
- 2 cans black beans (or about 2-1/2 cups cooked)
- 1/3 bunch cilantro (about 1/4 cup chopped)

Peel and cube butternut squash, place on a cookie sheet, drizzle with olive oil, lightly salt, and sprinkle with a little cayenne. Separate 4 cloves of garlic and add to tray in their papers. Roast in the oven at 375 degrees for about 35-40 minutes (until soft).

**Filling:** In a large skillet, sauté onion in olive oil. Lightly salt, and when soft, add the 2 cans black beans (rinse first). Let simmer a few minutes, and add roasted butternut (with the garlic cloves removed), 3 T chopped cilantro, and all but 2 T of the Feta cheese.

**Fill enchiladas:** Prepare 9x13 glass baking dish with a light layer of the green sauce. Soak each tortilla in sauce (a pie tin is handy), then spoon in the filling, fold and place each filled tortilla side by side in baking dish. Top with a little more sauce, garnish with a handful of cilantro, and the reserved 2 T Feta cheese.

**Optional:** Add a large green zucchini, cubed, to the butternut roasting in the oven. It cooks faster than the butternut, so wait 20 minutes or so and then add it to the cookie sheet for the last 20 minutes of the bake.

*Contributed by Andrew Webster*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twentieth Harvest: 10/18/11 & 10/21/11

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## Roasted Delicata Soup

- 2 pounds delicata squash, halved and seeded
- 1 medium shallot, finely diced
- 4 cups low sodium chicken broth
- 1 teaspoon fresh rosemary, chopped
- 3 tablespoon salted butter
- Sea salt, and freshly ground pepper to taste
- 1 tablespoon crumbled blue cheese (optional)

Preheat the oven to 350 degrees. Line a baking pan with foil. Place squash halves with open sides up. Divide one tablespoon of the butter among them and put it into the various cavities. Roast in oven for approximately 30-40 minutes (depending on the thickness of the squash) until inside of squash is soft and can be easily removed. Remove from oven. Set aside to cool briefly.

In a stock pan on stove, melt remaining butter over medium to low heat. Add the shallot and rosemary and cook until the shallot is soft and fragrant, but not browned (about 4-5 minutes). Add the 4 cups of stock and increase the heat to medium-high.

Scoop out cooked squash into bit sized chunks and add it to soup. Cook the squash in the soup for about 15 minutes until stock is slightly reduced and the flavors come together. Remove from heat. Blend the soup mixture until smooth in batches in a blender or using a hand mixture. Season with salt and pepper to taste.

Pour soup into bowls to serve. Top each bowl with a teaspoon of blue cheese\* and stir it into the soup. \**Sour cream or creme fraiche also serves for creamy effect.*

*AChowLife.com*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/11/11 & 10/14/11

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## **Butternut Squash Soup with Chipotle Chili**

- 2 medium yellow onions, peeled and diced
- 4-6 stalks of celery, diced
- 4-6 medium carrots, peeled and diced
- 2 large butternut squash, peeled, diced, and seeded
- 2 large russet potatoes, peeled and diced
- 4 quarts vegetable or chicken stock
- 1 chipotle chili (from a can in adobo sauce)
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh sage, chopped
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

In a large stock pot, sauté yellow onions, celery, and carrots until onions appear clear. Add butternut squash and russet potatoes. Pour in vegetable or chicken stock and bring to a boil.

Simmer on medium heat until squash and potatoes are soft (approx. 30 mins). Turn off heat and process in a blender or food processor (fitted with a metal blade) in small batches.

Pour puréed soup through a medium mesh strainer into a large soup tureen. With a ladle or spoon, push soup through strainer. Discard pulp left in strainer.

Finely chop one chipotle chile and add to soup with 2 teaspoons of the adobo sauce from the can. Stir in the thyme, sage, and parsley. Add salt and pepper to taste.

*Lindsey's at the Summit / Jeffrey Heicksen*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighteenth Harvest: 10/4/11 & 10/7/11

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## **White Bean and Kale Stuffed Delicata Squash**

2 medium Delicata squash  
Sea salt and white pepper  
2 tablespoons olive oil  
2-3 cloves of garlic, minced  
10 ounces white beans, cooked  
1 bunch of kale, de-stemmed and torn into chunks  
1 tablespoon sage leaves, minced  
4 tablespoons Panko Bread Crumbs  
1/4 cup grated Parmesan Reggiano cheese

Preheat the oven to 350°. Cut the squash in half length-wise and scoop out the seeds. Brush oil over the insides of the squash and season with salt and pepper.

Bake until just tender (not falling apart), approximately 45 minutes. During the last 15 minutes of cooking, assemble the filling:

In a large saute pan, heat 1 tablespoon olive oil over medium heat. Add the garlic and cook for 1 minute. Turn the heat up to medium-high and add the kale. Cook for 3 minutes, stirring constantly. Turn the heat back down to medium and add the white beans and sage. Season with salt and pepper and set aside until the squash is done.

Stuff the squash: Fill with the kale and white bean mixture. Mix the Parmesan Reggiano and bread crumbs together and top the stuffed squash with the mixture.

Bake for another 10 minutes, or until Parmesan is melted and the stuffing is heated through.

*Adapted from [EggsOnSunday.wordpress.com](http://EggsOnSunday.wordpress.com)*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixteenth Harvest: 9/20/11 & 9/23/11

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## Roasted Pumpkin

Medium-sized pumpkin  
1 pound goat cheese  
4 cups heavy cream  
pinch of grated nutmeg  
1/2 stick of butter, cut into pieces  
1/2 cup honey  
1 teaspoon cinnamon  
1 French baguette sliced thick

Preheat oven to 400°. Using a sharp pointed knife, slice around the stem of the pumpkin at a 45-degree angle. Scoop out pulp and seeds and save the top.

Heat cream until just warm then pour inside pumpkin. Crumble in goat cheese, nutmeg and butter. Place pumpkin on a sheet pan replace pumpkin top and bake in oven for 1 hour; check for doneness. Pumpkin is ready when inside of pumpkin is soft and easily scoop out.

Remove from oven, add honey and cinnamon and scoop inside of pumpkin into cream. Place pumpkin in a bowl, serve with crust baguette.

*Source: CheFarmer Matthew Raiford*



# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Seventeenth Harvest: 9/27/11 & 9/30/11

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## **Kabocha Squash Soup with Coconut Milk and Lime Leaves**

- Vegetable stock (5 cups)
- 1 medium kabocha squash, about 3-1/2 pounds,  
cut in half, seeds removed
- 1 tablespoon vegetable oil or olive oil
- 1 large yellow onion, chopped (about 2 cups)
- Salt and pepper
- 1 tablespoon minced garlic
- 3 stalks lemongrass, tough tops and outer leaves removed,  
finely chopped, about 1/3 cup
- 1/4 cup grated fresh ginger
- 1 or 2 kaffir lime leaves
- One 14-ounce can unsweetened coconut milk
- 10 to 15 Thai basil leaves, bundled and cut into thin ribbons,  
(about 2 tablespoons)

Preheat oven to 400°. Place the squash, cut side down, in a baking dish with a little water. Cover and roast until tender, 30-35 minutes. When the squash is cook enough

to handle, scoop it out of the skin. You should have about 4 cups.

Heat the oil in a soup pot and add the onions, 1/2 teaspoon salt, and a pinch of pepper and cook until they begin to soften, about 3 minutes. Add the garlic, lemongrass, and ginger and cook for 2 minutes. Add squash, stock, and lime leaf and bring to a boil. Lower the heat and simmer, uncovered, about 30 minutes.

Remove the lime leaf and puree the squash mixture in a blender until smooth. Pass through a food mill and return to the pot over medium-low heat. Add the coconut milk and cook for 5-10 minutes.

Adjust the seasoning with salt and pepper to taste. Garnish each serving with Thai basil.

*Source: CheFarmer Matthew Raiford*