

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/19/10 & 10/22/10



## What's in the box?

Lettuce, *Red Cross*

Kale, *Red Russian*

Broccoli Raab, *Sessantina Grossa*

Tomatoes, Mix

Sweet Peppers, mix

Broccoli, *Gypsy*

Cabbage, *Farao*

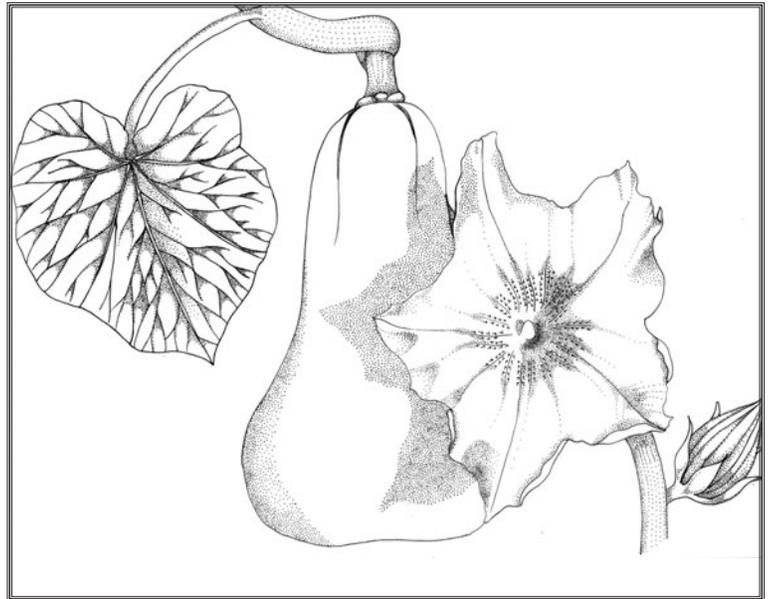
Potatoes, *Yellow Finn*

Winter Squash, *Butternut* and *Delicata*

Apples, *Jona Gold*

Dear CSA members,

This year's box will be 20 weeks instead of the more normal 22 week season, due to the late rains and difficulty in planting on time. Due to many causes and conditions, we're not able to go later in the year, mostly due to considerations of labor and getting the cover crop in on time. However, . . . we've kept our eye on the value of the box each week, and have made up the monetary value by putting in a little more each week than originally planned. We hope the continuing members have felt the offering to be abundant, but not so much that food went to waste! Thank you, as ever, for your ongoing support of our community-supported farm!



O, mickle is the powerful grace that lies  
In plants, herbs, stones, and their true qualities.  
For nought so vile, that on the earth doth live,  
But to the earth some special good doth give.

*Romeo and Juliet*, c. 1595,  
---William Shakespeare



**B**utternut squash is an all-purpose squash in the best sense of the word. Long popular (but not that long, for the original Butternut was introduced in 1944) for its ease of preparation and its abundance of melting, fruity flesh. Meaty and moderately sweet, it remains one of the most dependably good squashes available. It also packs in more dazzling golden-orange flesh per penny than any other variety. With its small seed cavity and easily pared thin skin, there is minimal waste.

**Cooking Tips:** Bake to concentrate flavors; or slice and pan-fry. Prepare cubed or sliced in casseroles or risottos (see this week's recipe for risotto below). Steam or bake and puree; or use to make soups. It is the easiest winter squash to prep for "pumpkin" pie.

### Butternut Squash Risotto

*From: Fresh from the Farm & Garden Vol. 1*

Serves 2 to 4.

**Ingredients:**

- about 2 cups chicken or vegetable broth
- 1 to 3 cups water
- 2 to 3 tablespoons olive oil
- 1/2 cup finely chopped onion
- 3 cups butternut squash cubed (1/2-inch)
- 1 cup Arborio rice
- 1/2 cup white wine
- 1/2 cup freshly grated Parmesan cheese (optional)
- salt and freshly ground pepper, to taste

**To Prepare:**

- Heat olive oil in large saucepan over medium heat. Add onions and cook a minute or two until translucent. Add squash and cook, stirring frequently, until lightly browned, about five minutes.
- Add rice and cook a few minutes, stirring constantly. Then add the wine, stirring until it evaporates.
- Add broth, 1/2 cup at a time, stirring until each evaporates. Then add the water in the same increments, stirring until rice is tender but still firm, about 20 to 25 minutes.
- Stir in the salt and pepper and Parmesan and serve hot.

**Stuffed Cabbage Rolls**  
These vegetarian-style "pigs in a blanket" are a great way to pack a lot of veggies into one, hearty meal. Choose compatible fillings from the suggestions below or add your own and prepare rolls as described.

**Filling suggestions:** diced tomatoes, chopped broccoli florets, diced apples, cooked brown or white rice, cooked couscous, bulgur or other favorite grain, diced potatoes (boil until tender), diced sweet peppers, finely chopped kale, butternut squash (diced and steamed), onions (diced and sauted), fresh or dried herbs such as: rosemary, parsley, oregano and thyme.

**Preparation:** Preheat oven to 375 degrees. Brush a deep ovenproof dish with melted butter or oil.

- Blanch the cabbage leaves in boiling water for 10 seconds or until they are soft and pliable. Drain; remove and discard the hard stalk from the leaves. Prepare desired fillings.
- Place 3 tablespoons of filling on the edge of one cabbage leaf. Roll into a neat parcel, folding in the edges while rolling. Place the cabbage parcels, flap-side down, in prepared dish and pour 1 cup of vegetable or chicken stock over them. Invert an ovenproof plate on top of the cabbage parcels to keep them from falling apart. Cover with a lid or foil and bake for 20 to 25 minutes until heated through.
- Serve with yogurt, sour cream or tomato sauce.