



*What's in your  
CSA share:*

- Lettuce
- Pac choi (bok choy)
- Tomatoes
- Broccoli
- Red carrots
- Onions
- Winter Squash
- Sweet peppers



*Pick-your-own herbs  
and flowers:*

- Fennel
- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Basil
- Parsley
- Summer Savory
- Cilantro
- Coneflower
- Heliopsis -Summer Sun
- Asters
- Larkspur

**Stuffed Buttercup Squash**

- 1 buttercup squash, cut in half with seeds scooped out
- 3-4 tbsls cooking oil
- ½ cup onions, diced
- ½ cup sweet peppers, diced
- ½ cup mushrooms, diced
- 1 lb. ground beef
- 1 tsp cumin
- ¼ tsp cinnamon
- Salt and pepper to taste
- ½-1 cup cheese, grated

**RIPLEY FARM**

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Dear Members,

October finds us getting creative with vegetable storage space. Members picking up on the farm will see some changes in the walk-in cooler, with new shelving so we can pile our fall harvest to the ceiling. Yesterday we brought in our cabbage, which you'll find in your boxes in coming weeks. We also began our fall carrot harvest, a task that will take us much of the next two weeks. We wholesale a lot of carrots later in the month, and leading up to that sale our cooler will be bursting at the seams!

You'll find carrots in your boxes this week, but they are a different variety from any you've gotten yet this year. They are a red-skinned variety called 'Cosmic Purple', that are a huge favorite at farmers' market. They are orange on the inside, so don't peel them, just give them a good scrub. They look terrific grated or sliced into a salad with the contrasting red skin and orange interior.

You'll find the last of our tomatoes in the share this week. It's amazing how quickly their production slows as the days grow shorter and colder. Just three or four weeks ago we were pulling 200-300 pounds of tomatoes off the plants with each picking. Now they're ripening so slowly that we had to skip a week last week in order to have enough to give in the share this week. We're thankful for the protection given them by our new hoop house. Our field tomatoes are completely dead, killed several weeks ago by the fungal disease late blight. But under the plastic covering of the hoop house, we still have ripe tomatoes into October!

You'll find pac choi in your share this week. We gave you this mild Asian cooking green once back in July. It's great in stir-fries and soups, with the crisp stalks providing a nice texture to your dish. It goes well in a stir-fry with the broccoli, onions, and peppers in the share. I studied abroad in Thailand for a semester during college, and found greens were commonly prepared in a very simple stir-fry. Typically they were combined with a couple other vegetables and a basic seasoning of soy sauce, vinegar, chili, and a dash of sweetener. The combination of hot, sour, salty, and sweet is delicious!

Below you'll find a recipe for the buttercup squash that's in your boxes this week. Buttercup is our favorite squash for stuffing. Give it a try.

Have a great week!

Pre-heat the oven to 400 degrees. Place the squash in a casserole, face-down, with ¼ inch of water. Bake 45-60 min. until a fork easily pierces the skin. Meanwhile, heat oil in a large skillet over medium heat. Add the onions, peppers, and mushrooms and sauté for 8-10 minutes until they soften. Add the beef, cumin, cinnamon, salt and pepper and cook several more minutes, until the meat beef is browned. Transfer to a bowl and mix in the cheese. Drain the water from the squash casserole leaving the oven on, turn the squash halves face up, and stuff with the beef and vegetable mixture. Return to oven and bake for 15 min. Serves 4-6.