

**Box Contents:**

1 lb Early Girl Tomatoes  
1 lb Sweet Peppers  
½ lb Blue Lake Green Beans  
1½ lbs German Butterball  
Potatoes  
2 Armenian Cucumbers  
2 Delicata Squash

**Field Notes:** What's in the ground? Newly seeded this week we have beets, turnips, spinach and carrots. Also recently transplanted from the greenhouse are the broccoli, kales, and chards. All these fall and winter crops are about one-two months from harvest. We are looking forward to greening up your veggie box with winter crops. While the end of tomatoes, peppers and other summer crops is hard to let go of, the transition to new crops is always a welcome change. The farm and many other farms in Capay Valley are busy harvesting almonds. The nut crop tradition of this region goes back to the late

1800s-early 1900s. As described in Tom Gregory's "History of Yolo County" published in 1913, "Not only does Capay Valley yield a rich harvest of all the California fruits that grow on tree and vine, but the things of the tropics ripen there as well; in fact, it is called the home of the almond, orange, and fig. So with her wonderful diversity of soils, thermal conditions, and fertilizing possibilities Yolo county produces in almost limitless variety."

**Box Notes:** This is the first week of winter squash in your veggie box! We've been taste testing the squash to check its sugar content and decided, after some delicious meals with the Delicata, that the squash is ready for you. To prepare the Delicata, preheat your oven to 350 degrees. Slice in half lengthwise, scoop out the seeds with a spoon, coat the bottom of a glass or ceramic baking dish with oil, place seed cavity down in the dish, then bake at 350 degrees for 30 minutes or until soft when poked with a fork. Remove from the oven and allow to cool slightly. Add a dab of butter and drizzle with maple syrup. Eat the baked squash right out of its shell. Some people like to eat the skin too. But I prefer to eat just the sweet, inner flesh. Another way to prepare this soothing, creamy winter squash is suggested below in the recipe section. The Armenian cucumbers are a mild, crunchy cucumber with small seeds. Sliced cross-wise, the scalloped edges make a beautiful cucumber-onion-tomato salad drizzled with olive oil and balsamic vinegar topped with feta cheese. There is no need to peel Armenian cucumbers. In our bioregion, September is the month for peppers - they're at their peak right now in flavor, aroma, and color.

**Pumpkin Patch Party at Riverdog Farm! Sunday October 26, from 1 to 5 pm.** Come to the farm to harvest jack-o-lanterns! Pumpkin pies, ice cream, drinks, and a hayride will be provided by the farm. Bring a potluck dish to share. Come see the pumpkin plants that many of you planted in the spring. Please RSVP by email and provide how many will be joining us! Directions will be provided in future newsletters.

**Payment Reminder: The October payment is due by September 26, 2008.**

The monthly payment for five **Wednesday / Thursday / Friday** deliveries in October is \$80.

If you wish to make payment for the fourth quarter, 12 deliveries beginning October through the third week in December, the total is \$192 and also due by September 26.

***Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date.***

**Bulk Early Girl Tomatoes:** Order a 20 lb case of Early Girl tomatoes by Sunday for delivery next week. Each case of tomatoes is \$30. They're great for fresh eating, canning, or freezing! Please mail your payment to our P.O. Box when you place the order. Thank you!

**Roasted Delicata Squash Purée** from *The New York Times*, January 30, 2008.

Adapted from North Pond, Chicago

Time: About 1 hour 15 minutes (depending on size of squash)

Yield: 2 to 4 servings

**2 or 3 Delicata squash**

**2 tablespoons canola or other vegetable oil**

**Salt and white pepper**

**2 tablespoons butter**

**½ teaspoon ground cinnamon**

Preheat oven to 350 degrees. Halve squash lengthwise and place on a cookie sheet, cut sides up. Rub with oil, and season with salt and white pepper to taste. Roast until flesh yields easily to the touch, 30 to 60 minutes, depending on size of squash.

Remove from oven and scoop out and discard seeds from central cavity. Scoop out flesh and place in a food processor. Process until very smooth. Transfer to a nonstick saucepan, place over low heat, and stir constantly until any liquid has evaporated and squash is dry, 8 to 10 minutes.

Transfer to a food mill and press squash through into nonstick saucepan. Stir in butter and cinnamon. Season with salt and white pepper as needed. Return to low heat just until reheated. Use immediately, or cover and refrigerate for up to 24 hours. Reheat gently before serving.

**Stuffed Red Bell Peppers** from *Bon Appétit*, February 2002

**6 large (8-ounce) red bell peppers**

**2 tablespoons olive oil**

**2 cups chopped onions**

**6 tablespoons chopped fresh parsley**

**3 garlic cloves, chopped**

**2/3 cup cooked white rice, cooled**

**1 tablespoon sweet Hungarian paprika**

**1¼ teaspoons salt**

**1 teaspoon ground black pepper**

**¼ teaspoon ground allspice**

**2½ cups canned tomato sauce**

**1¼ pounds lean ground beef**

**1 large egg**

Cut off top 1/2 inch of peppers and reserve. Scoop seeds from cavities. Discard stems and chop pepper tops. Heat oil in heavy large skillet over medium-high heat. Add onions, parsley, and garlic. Sauté until onions soften, about 8 minutes. Transfer to large bowl. Mix in rice, paprika, salt, pepper, and allspice. Cool 10 minutes. Mix in ½ cup tomato sauce, then beef and egg.

Fill pepper cavities with beef mixture. Stand filled peppers in single layer in heavy large pot. Pour remaining 2 cups tomato sauce around peppers.

Bring sauce to boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer 20 minutes. Spoon some sauce over each pepper. Cover; cook until peppers are tender and filling is cooked through and firm, about 20 minutes. (Can be made 1 day ahead. Cool, cover and chill. Rewarm covered over low heat.)

[RDF variation: When stuffed peppers are assembled with tomato sauce poured over the top and around the sides of the peppers, bake in the oven at 350 degrees for ½ - 1 hour until peppers are tender and filling is cooked through.]

**Roasted Potatoes with Garlic and Herbs** from *Vegetarian Cooking for Everyone* by Deborah Madison

**1½ lbs potatoes**

**4 teaspoons chopped rosemary or sage**

**1 head fresh, firm garlic cloves,  
separated but unpeeled**

**2 bay leaves**

**2 tablespoons olive oil**

**4 thyme sprigs**

**Salt and freshly milled pepper**

Scrub the potatoes well, then put them in a bowl of water with a few tablespoons salt and let stand for 15 minutes. Meanwhile, preheat the oven to 400°F and lightly oil a shallow baking dish. Drain the potatoes and pat dry with a towel. Toss them with the garlic, oil, and herbs, then season with salt and pepper. Arrange them in the prepared dish and bake, uncovered, until the potatoes are tender when pierced with a knife, 25 to 40 minutes, depending on their size. Turn them several times while they're cooking so that they brown evenly. Eat them with the softened cloves of garlic, squeezed out of their paper cases.