

Box Contents:

2 pcs Delicata Squash
1½ lb Early Girl & Yellow
Slicer Tomatoes
¾ lb Summer Squash
1 lb Mixed Bell Peppers
1 bu Basil
2 pcs Green Slicing
Cucumbers
3 ears Sweet Corn
1 Charlyn or Cantaloupe

Field Notes: Happy Autumnal Equinox this week. We had our first dew in many months on Sunday morning, coupled with a dip down to 48F, which made for a pleasantly chilly morning in the field. The late Winter Squash crop is in the final throws of its annual race with powdery mildew; we are confident it will win handily. Your pumpkins are still snug under a green blanket, several weeks from maturity, though they too will have a final race to maturity against powdery mildew. Tomatoes are slowing down early this year while peppers and eggplant have been showing exceptional late season strength. We hope to have at least one more round of melons to offer, but the last planting of watermelon has little chance if the current cool trend continues into next week.

20th Annual Hoes Down is on Saturday, October 6. The all-day celebration of the harvest season features farm tours, an amazing kids area, hayrides, crafts, and great food and music. For more information and directions to the event, visit <http://www.hoesdown.org> It's a fun and exciting event for the whole family, and all net-proceeds from admission benefit non-profit organizations working on sustainable food and farming.

Riverdog Farm's Pumpkin Patch Party is on Sunday, October 28 from 1:00 to 5:00 pm. Join us for a low-key, potluck picnic and explore our farm. We'll provide pumpkin themed foods such as pumpkin ice cream, pumpkin bread, and of course, pumpkin pies. We'll also have a pumpkin carving station and hayrides for the youngsters. So bring your favorite dish to the feast and enjoy a Sunday afternoon with us!

Early Girl Tomatoes are available in a 20 lb case for \$25.00. Please place your order by Sunday evening for the following week. Great for fresh eating, canning or freezing

Box Notes: Early winter squash! This week features the Delicata squash. It has a softer, creamier flesh and bakes wonderfully. Halve the Delicata lengthwise and scoop out the seeds. Stuff it with sautéed onions and greens, cover with foil, and bake the squash at 375°F until tender (about 30 to 40 minutes) for a savory winter squash meal. This is our last round of corn as much of our late planting has turned to delicious huitlacoche (corn smut). Our Early Girl tomatoes are small, but they pack a lot of flavor! The basil will have holey leaves. Nothing, however, is different about the aroma or flavor. The basil is wonderful in soups or sauces, and it makes excellent pesto. Good eats!

Chili and Sweet Pepper Quesadillas from *The Moosewood Restaurant Cooks At Home* by The Moosewood Collective

2 tablespoons canola oil
2 cups diced sweet peppers
8 cherry tomatoes, cut in half,
or 1 large tomato, sliced
1 cup grated sharp cheddar cheese
4 Large Tortillas (8 or 10-inch) or 6 small tortillas

1 fresh chile, minced
¼ cup chopped fresh basil, or
2 tablespoons each of chopped
fresh parsley and cilantro

Heat the oil in a skillet and add the minced chile and diced peppers. Sauté for 5 minutes on medium-high heat, stirring often. When the peppers are tender-crisp, remove them from the heat. Spread one-fourth of the sautéed pepper mixture, 1 tablespoon of the chopped herbs, 4 cherry tomato halves or 2 tomato slices, and ¼ cup of the grated cheese on each tortilla. If you are using smaller tortillas, distribute the ingredients appropriately. Cook the filled tortillas by following the procedure below:

Lightly oil a heavy skillet. A cast-iron skillet works very well. Warm the skillet on medium heat. Place the quesadillas, as many as will fit, in the heated skillet and cook each side for 2 or 3 minutes, until the cheese is melted and the filling is hot. Add more oil to the skillet if necessary, and cook the remaining quesadillas.

Quesadillas are especially good topped with salsa and/or sour cream.

Tomato and Corn Salsa from *The Tomato Festival Cookbook* by Lawrence Davis-Hollander

Makes 4-5 Cups

2 ears sweet corn, shucked

About 5 medium-large tomatoes

**1 jalapeno pepper, stemmed, seeded,
and finely diced**

**2 tablespoons chopped fresh cilantro,
Plus a few sprigs for garnish**

12 kalamata or other black olives, pitted

1 medium sweet pepper, cored and diced

1 small red onion, cut into ¼-inch dice

1 teaspoon chopped fresh thyme

grated zest of 1 small lime

Salt and freshly ground black pepper

- 1.) Bring a large pan of water to a boil. Drop in the corn and cook for 2-4 minutes or until kernels are tender when you pierce them with a knife point. Remove the corn from the water with tongs and drop into a bowl of cold water to stop the cooking process. When the ears are cool enough to handle, scrape off the kernels into a medium serving bowl.
- 2.) Coarsely chop half of the olives and add to the corn.
- 3.) Add the tomatoes, sweet pepper, jalapeno, onion, lime zest, chopped cilantro, and thyme. Season with salt and pepper. Gently but thoroughly toss to combine.
- 4.) Let the salsa stand in a cool place (though not the refrigerator) for at least half an hour so the flavors can blend.
- 5.) To serve, gently toss again. Garnish with the remaining olives and the cilantro sprigs.

Delicata Squash Rings from *Vegetarian Cooking for Everyone* by Deborah Madison

"These take just 10 to 12 minutes to cook and when finished are glazed with a rich caramel coating from the natural sugars in the squash." DM

2 Delicata Squash

1 ½ tablespoons olive or vegetable oil

Chopped parsley, Gremolata (recipe below)

Salt and freshly milled pepper

Peel the squash with a vegetable peeler, slice off the ends, and scoop out the seeds with a teaspoon. Cut the squash into rings about 1/3 inch thick. Heat the oil in a wide skillet, add the squash, and fry over medium heat until richly colored on the bottom, about 6 minutes. Turn and cook on the second side until tender. Remove to a serving plate, season with salt and pepper, and garnish with parsley. Add gremolata to the hot rings.

Gremolata

Use 1 plump garlic clove to about ¼-cup parsley leaves-or more as suits your taste for garlic. Also, add the grated zest of ½ lemon. Chop them together, preferably at the last minute, scatter over hot foods for the full effect of all three ingredients.