



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 5, 2016 —

Winter Stores

by HAH Coordinator and
Five Foot Farmer Elizabeth Powell

Welcome to your Fall Share! We started this extended October harvest last year and it worked out great—we all get a little more out of the growing season! It's interesting to see how the crop variety changes so quickly during this last push of the season. Many of our growers have already been hit by hard frosts, so the hot summer crops that sometimes extend through October are already done for this year. Because this time of year is unpredictable, we bank on mostly cool-season crops that can withstand the chill of fall weather.

Sometimes when farming feels like a lot of hard work, I like to think of the stalwart homesteaders who tackled the incredible task of putting up enough food to carry themselves through the winter. The knowledge that these people had was so valuable—how much food would be needed to sustain their families, how to preserve and store it, and what types of food kept best for the winter. They must have known how to plan enough variety to maintain their sanity and nutritional needs through the long, dark days of winter.

These are all considerations that we don't even have to ponder these days. When our 5 month local harvest season (not even half the year!) comes to an end, we don't have to think about the dire possibility of running out of food mid-winter (as long

as we have enough money on hand to visit the grocery store, of course). Most of us don't even have pantries or root cellars in our homes that could accommodate the volume and storage conditions needed to put up so much food.

And imagine the planning involved! As farmers we spend quite a bit of time planning out how much of each crop to grow for the summer season, but most of us aren't considering the variety that was needed by homesteaders — veggies, fruits, grains, meats, nuts, fats and tasty treats like sugars and herbs. And a crop failure for us means that we may go without the income we need (which can be dire...), but it's not a life and death situation.

I take heart in the fact that by growing our local food system, we are at least preserving a fraction of the knowledge that the survivalists of yesteryear all possessed. Local farmers and gardeners can take pride in the knowledge we've gained over years of trial and error about how and what to grow in our unique mountain climate. It just seems like important knowledge to have, even if we do have a complex global food system to back us up in the winter months.

Wouldn't it be a great experiment to try stockpiling enough locally- and regionally-grown food to sustain your household through the winter? Hmm, sounds like a book idea just begging to be written. If anyone wants to tackle it let me know, I'll grow your winter squash!

Full Share

Carrots
Green Onions
Garlic
Pears
Walla Walla Onions
Bell Peppers
Spaghetti Squash
Delicata Squash
Tomatoes

Half Share

Arugula
Garlic
Jalapenos
Onions
Acorn or Carnival Squash
Strawberries

What Grows Where

BLOOMSTONE FARM

walla walla onions, garlic, acorn and carnival squash

DAWN GARDENS

garlic, pears

FIVE FOOT FARM

carrots, arugula, green onions, kabocha squash

GREENVILLE HIGH SCHOOL

mixed peppers, jalapenos, spaghetti squash

SHOOFLY FARM

tomatoes, delicata squash

SASQUATCH FARMS

torpedo onions

SUNDBERG GROWERS

strawberries

Spinach and Acorn Squash "Ravioli"

This simple ravioli recipe would taste great with almost any type of winter squash.



INGREDIENTS

¼ cup ricotta cheese
5 ounces frozen chopped spinach, defrosted and squeezed
(or fresh spinach, blanched in boiling water for 3-4 minutes)
½ teaspoon kosher salt
freshly ground pepper
½ acorn squash, seeds discarded and cut into 1/2-inch slices
¼ cup sour cream

¼ teaspoon ground nutmeg
1 tablespoon unsalted butter
8 sage leaves
1 ½ cups vegetable broth
16 wonton wrappers
2 teaspoons olive oil

DIRECTIONS

Heat oven to 400° F. Place the squash on a baking sheet and toss with the olive oil and 1/4 teaspoon salt and a few grinds of black pepper. Roast until just tender, tossing occasionally about 40 minutes. Set aside. In a small bowl, combine the ricotta, spinach, salt, and pepper and mix well. In another bowl, stir the squash, sour cream, and nutmeg together. In a skillet, over medium heat, heat the butter. Add the sage and cook until fragrant, about 1 minute. Add the broth, simmer 5 minutes, and set aside. Lay out 16 wonton wrappers. Divide the spinach mixture among 8 wrappers, placing a dollop in the center of each. Fold them in half diagonally, pinching one corner to close. Repeat with the squash mixture and the remaining 8 wrappers. Place the 16 packets in a roasting pan and spoon the broth over them. Cover with foil and heat in the oven until warmed through, 10 to 15 minutes.

Source: realsimple.com

SQUASH CUTTING TIPS

Halving Them — Some squash have such hard skins that it can be hard to pry them apart. The trick to cutting a squash in half is to use a large, very sharp knife. You can also nestle the squash in a damp dish towel on your cutting board to prevent it from sliding out from under the knife.

Peeling — Roasting squash in their skins is a nice way to skip peeling. But if you want to have squash chunks to use in a recipe you can peel a squash using a knife (not a veggie peeler!). Cut the squash in half, then slice off a little of the top and bottom on each side. Cut the half in half again, so that when you turn the squash up on end it sits on a nice flat cut edge. Use your knife to slice off the skin in strips, in a downward motion.

MORE WINTER SQUASH ID

We have a few new winter squash varieties in this week's share, so here's some info on each to get your cooking. As usual, an all around go-to method for preparation is to halve the squash, scoop out the seeds and coat the inside with oil. Roast in a 400 degree oven for 30-60 minutes until fork tender. It can help to pour a little water in the bottom of the pan and cover it with foil. Season the cooked squash with salt and pepper, or butter and brown sugar. Yum!

Delicata

These are the little yellow squash with green stripes. They have a creamy, smooth flesh, and their skins are thinner than other winter squash and can be eaten when cooked.



Spaghetti

These are so cool! Once cooked the flesh of this squash will separate into strands that you can top with marinara sauce and twirl around your fork. Cook the halved squash until you can pierce the tough skin with a fork, and the flesh separates easily into spaghetti-like strands.



Acorn

This is the classic winter squash, probably the one everyone was familiar with before Kabocha and Red Kuri came into vogue. It's sweet, smooth flesh has a buttery flavor that goes great with a variety of dishes.



Carnival

This squash is a hybrid of Sweet Dumpling and Acorn squash. When baked the squash has a smooth texture with a sweet, slightly nutty taste.

