



September 11, 2013 —

An Ode to Squash

We would like to take a moment to give thanks for the radical abundance that summer squash gives us each summer. Though many gardeners are groaning under the weight their profusion this time of year, we think that an abundance of food is a fabulous problem to have—one that summer squash is uniquely good at creating.

First, let's get our nomenclature straight. Almost all summer squash are varieties of the species *Cucurbita pepo*, which includes some winter squash too. The name summer squash includes zucchini, yellow crook neck, pattypan, round squash and romanesco varieties. All are likely candidates for mid-summer doorstep dropping.

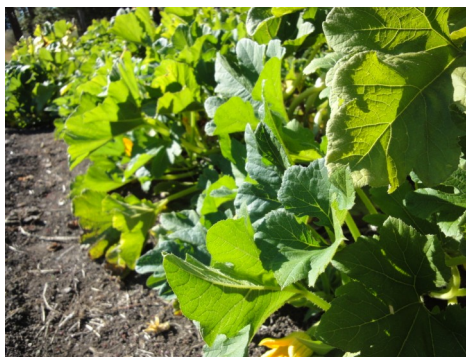
Squash is a crop that has been kicking around North America for the better part of 10,000 years. The earliest known squash plants were probably gourds in Mexico, grown for use as containers. Some Native American tribes grew a variety of winter and summer squash, eating the fruit, young shoots, flowers and seeds. The pilgrims soon followed suit; the first pumpkin pies were cooked right in the squash shell.

The summer squash fruits we know and love are harvested at an im-

mature stage, before they've grown to full size (hopefully) and before their skins harden. If you want to get high end you can harvest the blossoms before they fruit and stuff them with yummy things like herbed ricotta cheese. Through researching this newsletter article we have just learned that young squash leaves are edible as well, which sounds like a culinary adventure begging to happen. Squash leaves blanched in salted coconut milk, anyone? (No, we won't spring them on you in next week's share. Maybe next year though...)

So far this season we have distributed a total of 917 pounds of summer squash to our HAH members. Wow! To be honest, we really try hard not to overwhelm our members with loads of squash, but we still want you to get that good squashy abundance of the summer season. And as you probably know, squash is a plant that keeps on giving all summer long; the Dawn Gardens is our longest producer, currently at 12 weeks and counting.

Maybe we love summer squash so much because it inspires creativity and total seasonal crop immersion. You find 12 different ways to eat the stuff and invite people over for dinner just so you can use up more of it. But then all of a sudden the chill of the season change sets in and the summer is over. The span of fall to spring is long enough here in the mountains that by the time July rolls around again squash looks like the most beautiful sign of summer you've ever seen, and the abundance begins again.



Ronde de Nice summer squash in the field at Grassfed Gardens this year

Full Share:

- Peaches
- Mesclun Mix
- Slicer Tomatoes
- Spring Mix
- Snap Beans
- Summer Squash
- Cucumbers
- Jalapenos
- Chives

Half Share:

- Peaches
- Cherry Tomatoes
- Green Peppers
- Carrots
- Summer Squash

What Grows Where:

DAWN GARDENS

summer squash, cherry tomatoes, slicer tomatoes, peppers, chives

GRASSFED GARDENS

snap beans, mesclun mix, summer squash

SIERRA VALLEY FARMS

spring mix, carrots

GREENVILLE HIGH SCHOOL

cucumbers, bell peppers, jalapenos

GREEN CEDAR FARM

peaches

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Bread Share Flavor

Feta and Chives

Pasta Share Flavor

Sun-dried Tomato & Black Pepper Linguine

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Spicy Peanut Miso Soup

This recipe is perfect for the bunched mesclun mix in the Full Shares this week.

INGREDIENTS

1 inch knob of ginger, minced
2 cloves garlic, minced
1 Tbsp. extra virgin olive oil
1/4 tsp. toasted sesame oil
1 medium yellow onion, quartered and sliced 1/4" thick
4 ribs celery, sliced 1/4" thick on diagonal
2 large carrots, sliced 1/8" thick on diagonal
1/3 C. unsalted creamy peanut butter
1 large red or green bell pepper, in bite size pieces
3 Tbsp. white miso
1 tsp. sambal oelek (chili paste)
1 (20 oz) block super-firm tofu, cut into bite-size cubes
4 C. water
6 oz greens mesclun mix, spinach or other Asian greens
6 sprigs cilantro (about 1/2 C.), chopped coarsely
Diced jalapeno peppers (optional)

DIRECTIONS

1. In a medium-sized soup pot heat the olive oil and sesame oil over medium heat. Add the ginger and garlic, sautéing for a minute until fragrant. Add the onion, celery, and carrots and sauté for three minutes, until onions become a bit translucent.
2. Add the peppers, peanut butter, miso paste, chili paste, and tofu. Stir to evenly distribute the peanut butter and miso paste, then add the water and stir until everything is mixed evenly.
3. Cover and bring to a simmer. When soup just begins to simmer, add the greens and cilantro. Turn off the heat, cover, and let sit for five minutes to allow the greens to wilt. Stir and serve.



Source: modified from www.operagirlcooks.com

JALAPENO ENCHILADA SAUCE

Enchilada sauce with really good ingredients can be hard to find in the store. We were surprised by how simple this recipe for homemade sauce is. A lot of recipes call for a tablespoon or two of flour added to the hot oil, so try that out if you want a thicker sauce.

Ingredients

1 can (28 ounces) whole peeled tomatoes, or equivalent amount fresh
1 cup diced white onion
1 jalapeno, quartered (seeded if desired)
Coarse salt and ground pepper
1 tablespoon vegetable oil
1/4 cup fresh thyme leaves
1 teaspoon white vinegar
Pinch of sugar

In a blender combine tomatoes, onion, and jalapeno. Puree until smooth. Season with salt and pepper. In a medium pot, heat oil over high until shimmering. Add tomato mixture and simmer, stirring, until thickened, 5 to 10 minutes. Remove from heat and stir in thyme, vinegar, and sugar. Season to taste with salt and pepper.

JALAPENO DRESSING

 Ooh, crazy!

Ingredients

2 jalapenos, half of the seeds discarded, finely chopped
1/2 teaspoon grated garlic
1 1/2 cups unseasoned rice-wine vinegar
4 teaspoons fine sea salt
1 1/2 cups grapeseed oil

Place jalapeno, garlic, rice-wine vinegar, and sea salt in the jar of a blender. Blend until well combined. With the machine running, slowly drizzle in oil until emulsified.

Source: www.marthastewart.com

Crop Updates

Jalapenos

Greenville High School produced the little spicy jalapeno peppers in this week's share. These are the only hot peppers we include in the CSA... enough to spice things up just right. Teacher Dan Brown is a pepper growing machine, using raised beds and cold frame covers to get a jump on the season. Now that school is back in session he has student helpers doing the gardening with him.

Visit our **Facebook** page for this tasty link:

RAW ZUCCHINI PASTA
AND MORE SQUASH RECIPES!

www.Facebook.com/HighAltitudeHarvest

Wondering how long the harvests will last?

Our last regular CSA pick up this season is October 2nd.

(Some folks have the optional Grand Finale Share pick up on October 30th too.)