



[beefsteak tomatoes 3#](#)

[4 bunches carrots](#)

[1 bunch Erbette chard](#)

[1 bunch beets](#)

[2-5 melons](#)

[2 pounds yams](#)

[2 delicata winter squashes](#)

[2# sweet mixed peppers](#)

Fridge Management: *Everything* into the fridge except tomatoes and yams and winter squash. **YAM NOTE:** this is tropical: it shouldn't be refrigerated AND it should be eaten in 2-4 days: they don't 'hang out' like potatoes!!!

[Recipes A-Z on our website](#)

** Make your pre orders for any upcoming mystery nights, I may not send reminders!

NOTE about my [ladybug truck farm program](#): We love the mystery box days/theory! But it's not getting bigger, it just can't. so there's a waiting list for the mystery boxes (over 50 strong). We have room in most of our [2 Small Farms](#) 'traditional' csa too. Meantime: We have too many tomatoes and peppers, so we started

this truck farm buyers club that's similar to the mystery program: gmail account, random sightings around the city, order ahead, bulk sales... but just for tomatoes, peppers, and whatever we have available. So: you all have 100% access as does everyone in the public (bloggers: share as much as you'd like about [that program](#)!). I hope this explains why I have two gmail accounts for these two theories! Ciao for now. Xxooo -julia

Yams: still working on recipes for these: please share yours!? Thank you. Meantime, google is your friend.

Winter Squash 101

In case you've never tried to cook winter squash, it couldn't be simpler: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat.

Possible toppings: many like maple syrup, I like salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

Delicata Squash with Onions

Cut in half long-ways 1 delicata squash for every 2 people you're serving. remove seeds. Add chopped fresh onions in the 'boat' of the squaash. Drizzle with olive oil and a bit of balsamic vinegar, and some S & P to taste. Bake in a medium oven until the squash is done. (easily pierced with a fork)

More recipes on page 2:

Beets: if it's hot in your kitchen peel and grate the beets raw into their own salad or to

carefully top a lettuce salad.

Sweet Pepper and Lentil Soup

inspired by a recipe in *Not Your Mother's Slow Cooker Cookbook* by Hensperger and Kaufmann

2 Tablespoons olive oil
1 onion, or 2 leeks, chopped
3-5 cloves of garlic, chopped
1 teaspoon freshly purchased paprika or smoked paprika
1-3 sweet peppers, depending on their size, seeded and finely chopped
1 cup dried brown or black lentils, picked over and rinsed
5 cups broth or water
S & P to taste (at least an entire teaspoon of salt for this one)
1-2 Tablespoons champagne or sherry or rice vinegar to finish the soup

Cook the onion in 1 Tablespoon oil over medium heat in a skillet until the onion/leeks begin to soften. Stir in paprika and allow it to cook for about a minute more.

Add the chopped sweet pepper and cook for another 2-3 minutes, until everything begins to soften. Scrape all this into a slow cooker. Add the lentils and broth (or water) and stir to combine. Cover and cook on low until the lentils are completely soft, 7-9 hours.

Season the soup with S & P (more salt if you used water, less if you used purchased broth), and last Tablespoon olive oil. Stir in 1 Tablespoon of one of the vinegars, adding more if needed. Serve hot.

Ten Minute Stir Fried Chicken with Nuts

adapted from *The Minimalist Cooks at Home* by Mark Bittman

1 Tablespoon peanut or vegetable oil
2 cups sweet pepper strips, onion slices, or a combination of the two
1 pound boneless skinless chicken breasts, cut into 1/2 inch chunks

1 cup halved walnuts, whole cashews, or other nuts

3 Tablespoons hoisin sauce

1) Heat oil in a large nonstick skillet and heat on high for one minute. Add the veggies in a single layer and cook, undisturbed, until they begin to char a little on the bottom, about one minute. Stir and cook one minute more.
2) Add the chicken and stir once or twice. Cook one minute until the bottom begins to char. Cook and stir another minute or two, then check a chicken piece to make sure it's done. Lower heat to medium.
3) Stir in the nuts and the hoisin sauce. Cook about 15 seconds then add 2 T water. Cook, stirring, until it's bubbly and glazes all the chicken and veggies. Serve with rice.



Indian Corn: I'll have some for 'casual' sale today: it's 100% great for cooking (as well as decorating, of course.) \$1/ear. For cooking: remove the kernels, then grind into your own polenta or corn meal, or treat with lye (I think?) to make your own masa or grits? How slow food is THAT? ☺