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Askutasquash

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IN THE BOX

cucumbers
tomatoes
melons
zucchini
peppers
tomatoes
tomatillos
squash
corn
raddishes
green onion
celery
kale
chard
basil
thyme
dill
eggplant
parsley

Askutasquash

What a beautiful time of year this is. Soon our mountains will be clothed in the blazing oranges of bigtooth maples and the flickering gold of aspens, and lawns will be carpeted in frost crystals that crunch underfoot. At this rate, the pumpkin vines at the farm don’t have much time left. Like their cousins the zucchini and melons, they’re total wimps in the cold (like some people). All it’ll take is one morning below freezing, and that field of rampant green growth, so strong and fast growing before, will shrivel up into almost nothing (hopefully NOT like those people). After the frosty massacre, we finally get to absorb the scale of harvest in our pumpkin field. It can be quite a dazzling transformation: hundreds of brightly colored fruits appear overnight! It’s one of the true joys of the season; yet it’s also tinged with a bit of melancholy, knowing that it’ll be a whole other year before we get to be restart the cycle again.

Like the people who came before us, we too can take part in a yearly ritual that has been going on for thousands of years, one that goes as far back as the dawn of agriculture. The winter harvest was much more urgent in the past, of course, but we can still reap its benefits today. Winter squash is one of those old reliable friends, something that can be stored into the depths of winter and still deliver great flavor and nutrition when it’s needed the most.

Indeed, many native societies in the Americas relied heavily on squash during the winter. It may be the oldest vegetable cultivated in the New World, proceeding both corn and beans. Seeds of cultivated squash have been found in Mexican caves that date to 12,000 B.C.E., near the genesis of agriculture. Interestingly, the word “squash” is derived from a Narragansett word, a tribe that lived in the area that became New England. “Askutasquash” meant “something to be eaten young or raw.” The first colonists however, preferred to cook the fruit; they filled it with apples, spices, honey, and milk before baking it slowly for a long time.

This eventually evolved into that pinnacle of Thanksgiving desserts, pumpkin pie. My mouth waters at the thought! Here’s a secret though: Pumpkin pie can be made with most kinds of squash. In fact, pumpkins are the same species as winter squash, but just have particularly “pumpkin” characteristics. I thought it was a bit funny that most canned pumpkin puree, despite the pumpkin image slapped on the label, is almost always some other type of squash altogether. Most pumpkin pies served across the country are really squash pies!

If you’re interested in procuring more pumpkins from us, maybe for cooking up a true pumpkin pie, please consider joining us for a last hurrah at Pumpkin Days, October 12th from 12 noon to 5 pm. It’s sure to be a good time for all! Happy Fall everyone!

Andrew Croft
Pumpkin Scones with Spiced Glaze

Ingredients:
For the Scones:
2 cups all-purpose flour
7 Tablespoons granulated sugar
1 Tablespoon baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
¼ teaspoon ground ginger
6 Tablespoons cold butter
½ cup canned pumpkin
3 Tablespoons half-and-half
1 large egg

For the Powdered Sugar Glaze:
1 cup plus 1 Tablespoon powdered sugar
2 Tablespoons milk

For the Spiced Glaze:
1 cup plus 3 Tablespoons powdered sugar
2 Tablespoons milk
¼ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 pinch ground ginger
1 pinch ground cloves

Directions:
1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper; set aside.

2. Combine flour, sugar, baking powder, salt, cinnamon, nutmeg, cloves and ginger in a large bowl. Use a fork to cut the butter into the dry ingredients until mixture is crumbly and no chunks of butter are obvious; set aside.

3. In a separate bowl, whisk together the pumpkin, half-and-half and egg. Fold wet ingredients into dry ingredients, and form the dough into a ball. Pat out dough onto a lightly floured surface and form it into a 1-inch thick rectangle about 3 times as long as wide. Use a large knife or a pizza cutter to slice the dough twice through the width, making three equal portions. Cut each of the portions in an X pattern (four pieces) so you end up with 12 triangular slices of dough. Place on prepared baking sheet. Bake for 14-16 minutes, or until light brown. Place on wire rack to cool.

4. To make the powdered sugar glaze, mix the powdered sugar and milk together until smooth. When scones are cool, use a brush to spread plain glaze over the top of each scone.

5. To make the spiced glaze, while the powdered sugar glaze is firming, combine all of the ingredients for the spiced glaze. Drizzle over each scone and allow the icing to dry before serving (about an hour).

recipe from browneyedbaker.com

On the Farm News
The time has come to close down the farm for the 2013 season. We are so thankful to you our shareholders for supporting us through the thick and thin of the growing season. We have had so many compliments on our farm this year about how beautiful it looks and we owe it all to you. Without you taking part in our CSA, we would not be able to support ourselves and grow and progress throughout the years. We have learned so much this season. You truly make all the things we do worth it. Sharing our farm with you is what makes it a beautiful farm.

We are so excited to end this season with our annual Pumpkin Day Celebration! We'd love to share this day with you. There will be live bands, hot cocoa, scones, food literacy games, face painting, pumpkin picking, pumpkin carving and lots of fun to share with everyone! We invite you to come with free admission! The event will be held on October 12th from 12-5pm. We realize the Ag BBQ is from 2pm-4pm but those of you who wish to attend both events will have time before or after the Ag BBQ to come to Pumpkin Days. The line up for live music so far is Cat Fever, a Junk Band Jam, Little Barefoot, and a Jazz band. We don't want anyone to miss out on the fun so remember to tell all your friends and family about the event!

Again thank you for a beautiful season and the opportunity to share our passion with you. I know that I have personally learned so much from this opportunity and have been so thankful for your excitement in supporting local organic agriculture.

Our CSA is a beautiful organization and we hope to encourage you and anyone you know to continue to support local CSA’s and agriculture. Agriculture is a vital part of life and through your participation we have been able to bring that vitality to the surface of the community where we can all learn a little more. This experience has helped shaped my life and my future decisions for myself and my children. I hope that it has done the same for you.

Cami Lowder

Announcements
This is the last pickup. Thank you all for your wonderful support and for a lovely season! We couldn't have done it without you!