LA VISTA CSG NEWSLETTER

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WEEK # 16

Field Walk…

When it rains, it pours, as the saying goes. Last week, the rain we needed so desperately every other week of the season came in one foul swoop - almost 4 inches over two days. It's safe to say that if it never rains again this season, all the fall crops will be fine.

This week, fall is coming early to the distribution room, in the form of winter squash. There are so many varieties, shapes, textures, and sizes, but despite the diversity most squash tastes the same. Although most of us bake, stuff or puree squash, here are a few other options: add small amounts of cooked squash to yeast breads, quick breads, muffins, cookies, or pancake batter to add color, moisture, and sweetness; cut into strips and add to stir-fry; cook squash chunks alongside roasting meats.

Enjoy the harvest, *Farmer Amy*

What's For Dinner II: eggplant potato mousaka
from Asparagus to Zucchini

2 pounds eggplant
salt
1 ½ pounds potatoes
1 ½ T olive oil
2 cups chopped onions
2 ½ cups tomato sauce
1 tsp dried oregano
¼ tsp cinnamon
5-6 T chopped fresh parsley
pepper
4 T butter
scant ½ cup flour
2 ¼ cups milk
1/8 tsp nutmeg
3 eggs
½ cup grated parmesan

Cut eggplants lengthwise into ¼ inch planks. Sprinkle both sides with 1-2 T salt; drain in colander 30 minutes. Rinse, squeeze out liquid, and place on oiled baking sheet. Bake in 400 degree oven, turning once, until tender (20 minutes). Meanwhile, peel potatoes, and cut lengthwise into 1/8 inch slices. Boil in salted water until not quite tender. Drain. Heat olive oil in skillet, add onions, and saute until tender.

Stir in tomato sauce, oregano, cinnamon, half the parsley, and pepper to taste. Simmer low until thick. Melt butter in saucepan, stir in flour, and cook over low heat a few minutes. Meanwhile, heat milk with nutmeg and salt and pepper to taste. Whisk hot milk into flour mixture; cook until thickened. Beat eggs in small bowl; whisk a few tablespoons of the white sauce into eggs, then whisk egg mixture into sauce. Stir and cook over low heat until thickl do not boil. Stir in parmesan. Taste and adjust seasonings. Layer half the eggplant, half the potatoes, half the tomato sauce in a deep baking dish. Repeat these layers. Pour white sauce over all. Bake in 350 oven 45-60 minutes. Let stand for 10 minutes. Garnish with parsley. Makes 12 servings.

What's in Your Share:

sweet dumpling squash: slice in half, scoop out seeds and place face down on a slightly oiled cookie sheet. Bake at 350 for 20-30 minutes then use filling as desired.

beets, peppers, eggplant, squash and zucchini, garlic, onions, potatoes, green beans?

PYO: cherry tomatoes, parsley, and basil

What's For Dinner: stuffed winter squash
from Asparagus to Zucchini

small winter squashes
¾ cup raw wild rice, rinsed
3 cups chopped red onions
1 clove garlic, minced
2 T canola oil
3 cups whole wheat bread cubes
1 T sesame seeds
½ tsp dried sage
½ tsp dried thyme
salt to taste
1 cup orange juice

Halve squashes, remove seeds, and place cut side down in shallow baking dish. Cover and bake in 350 degree oven until easily pierced with a knife but still firm, about 30 minutes. Cool.

Meanwhile, bring 2 cups water to boil. Stir in rice, reduce heat and cover; simmer until water is absorbed, about 40 minutes. Scoop pulp from squash, leaving ½ inch thick shells. Chop pulp; place in large bowl. Saute onion and garlic in oil in skillet until golden, 4-5 minutes. Stir cooked rice, onion mixture and remaining ingredients into squash pulp. Spoon into shells and place in foil-lined baking dish. Cover and bake until heated through, about 20 minutes. Eight servings.

Mark Your Calendars!!

Organic food drive for the Alton Food Crisis Center will start Tuesday, Sept. 6th through Sunday September 18th. Only organic canned goods, dried goods, (and perishables, such as fruit) are wanted. September 18th is our next shareholder meeting, from 4-6PM. The director of the Crisis Center will be speaking.