

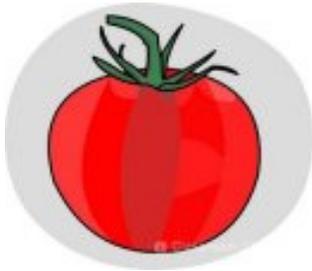
Middleton Farm CSA

Newsletter

What you can expect in this weeks share

This week you will find potatoes, tomatoes, summer squash, jalapeño peppers, Anaheim peppers, green and purple peppers, Serrano peppers, onions, purple cabbage, and a few winter squash.

Please wash all produce before consuming!



Spotlight: Carnival Squash!

If you have ever played Farmville on Facebook, you are probably familiar with this weeks spotlight veggie. If not, welcome to the world of hybrid squash!

With its hard colorful skin, this variety of acorn squash is popular for decorating Thanksgiving tables. However, it is best used as a side dish for your meals.

When choosing one, look for some green on the rind. They can be kept for a month in a cool, dark, ventilated area.

As with most squash, Carnival squash can be prepared by cutting in half lengthwise, removing seeds and baking in an oven at 375° or in a microwave for 20 minutes. However, their flavor lends itself more to soups and purees or any recipe that requires a sweet potato flavor.

So while you need 355 coins to purchase this seed in-game, you are lucky enough to be able to get this sought after vegetable in your harvest share in the next few weeks!

Help wanted!

If you have a forested area, or know of one, please let us know. We are looking to re-home a raccoon.

Indeed, the raccoon that enjoyed nibbling on this years' crop of corn has been found and needs to be placed in an area more suited to him.

If there are any other suggestions as to where this animal can be placed, we are open to any humane suggestions.



Please find me a home!

You may have wondered...

What sound does a cow make?

See, we all think we know the answer, however, we really only know ONE answer. The other answers can be found when talking to your international friends!

For example, when a person from Japan imitates a cow, they reply with 'Bo....bo' or 'Mou...Mou'. The answer from someone speaking Urdu (Pakistan, N. India) may be 'baeh'.

Consider a baby chick. Is it saying peep peep? Or is

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it saying ko-ko? (Greek) or possibly pi-pi? (Spanish)

Surely when our pigs travel to other countries they continue to oink, right? Not so! When they visit Germany they say Gunz-grunz! Hop on over to the Netherlands and its knor-knor. Take the red eye to Russia and its hrgu-hrgu!

So does a turkey really gobble gobble or does it goro-goro? (Mexico) When you hear your dog woof, is it really a hauv-hauv? (Turkey) How many ways can your cat purr, or ronron (France), or hrr (Finland), or doromb (Hungary), or goro (Japan)?

We may all hear it differently but they are probably all saying the same thing.

Reduce! Reuse! Recycle!

We really appreciate those of you who bring your own bags/baskets to get your harvest share! Thanks for being mindful of the impact you have on our overhead costs!

Currently, we have temporary need for egg cartons. So if your recycle bin cannot accept plastic #6 and you are looking for a way to recycle these items, consider donating them to us!

Since using golf balls to confuse the chickens and turkeys, our production has increased and we can sometimes get 4-5 dozen eggs rather quickly. It would be nice to have someplace to put them.

So if you aren't using your old egg containers and they are clean and in good shape, feel free to drop them off with us when picking up your harvest share!



Apple Stuffed Carnival Squash

Sometimes used as a side, sometimes used as a dessert, this recipe can definitely go the distance!

Ingredients:

2 T unsalted butter, melted
2 t maple syrup
½ t lemon juice
¼ t cinnamon
1 med Granny Smith apple, chopped and peeled
1 Carnival Squash, cut in half and seeds removed
¼ c chopped walnuts, toasted (optional)

Pre-heat oven to 375°

Combine butter, syrup, lemon juice and cinnamon with the chopped apple in a bowl. Set aside to let flavors marry.

Prepare your squash and place in a baking dish, hollow sides up. Fill both hollows with apple mixture and roast in oven until squash is soft (approx. 45 min.) You can test for softness with a fork.

Remove from oven and sprinkle with walnuts if desired. Serves 2.

With only about 250 calories and 4 grams of fiber, this is one of the healthier ways to enjoy the tastes of autumn.

Recipe from Newhope360.com