

RIPLEY FARM

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Dear Members,

The nippy nights of fall have arrived! Have any of you had a frost yet? We went up to our field after dark a few times this past week to cover our winter squash in anticipation of freezing temperatures. We don't worry now, because yesterday we stashed one thousand pounds of winter squash in our barn. Our share today highlights the changing seasons, with the last of the summer crops and the beginning of winter squash. Enjoy the smooth-fleshed, sweet Delicata squashes with this recipe for Curried Coconut-Squash Soup—one of our very favorite squash dishes.

Curried Coconut-Squash Soup

- 2 Delicata winter squash
- 2 tbs butter
- 1 cup red onion, chopped
- 1 tbs curry powder
- 1 14oz can of coconut milk
- 2 cups chicken stock (or water)
- Salt to taste

Preheat oven to 400 F. Cut the squash in half lengthwise and scoop out the seeds. Place them face down in a baking dish and pour ¼" of water in around them. Bake for 30-45 minutes until a fork easily pierces the skin and flesh of the squash. Remove from the oven and let cool. Meanwhile, heat the butter in a 4 quart pot and sauté the onion, stirring frequently. When the onion is soft, add the curry powder and stir for 30 seconds. Add the coconut milk and chicken stock and bring to a boil. Reduce heat to a simmer. Scoop the flesh out of the Delicata skins and add it to the soup. Stir or blend it in, salt to taste and serve.

Another great way to use the Delicata is to roast them as above and serve with one tbs of butter melted into the cavity (and optional maple syrup). Also in the share this week, you'll find carrots, lettuce, tomatoes, radishes, broccoli, and red onions. With the equinox approaching on Friday we are reminded of the brevity of our growing season in Maine. Fresh salad greens are a welcome treat of the fall share. Enjoy those crisp lettuce heads while they last!

Have a good week,