



9/28/11

Dear Members,

Summer just won't give up the ghost! Despite the falling leaves it's felt like August all week. The share this week is no different from the weather; watermelon nestled in next to buttercup winter squash, and the last of our sweet peppers alongside yellow storage onions. The buttercup is a great winter squash, with its dry, thick flesh that's perfect for soaking up loads of butter when roasted. Or try this recipe for stuffed squash:

Autumn Stuffed Squash

1 Buttercup winter squash, cut in half with seeds scooped out
1 ¼ cups cooked rice
2 tbs butter
¾ cup onion, finely chopped
1 tsp fresh ginger, minced
1 clove garlic, minced
1 medium tart apple, diced
1 orange, sectioned and chopped
¼ tsp cinnamon
¼ tsp allspice
salt
1 tbs maple syrup (optional)
½ cup walnuts (or other nut of your choice), chopped
Plain yogurt

Preheat oven to 400 F. Roast the squash in a baking pan, cut side down with 1/4" of water in the pan for 45-60 minutes until a fork easily pierces the skin and flesh. Remove from oven. Turn oven down to 350 F. Meanwhile, melt the butter in a skillet. Add the onion and ginger and sauté for 5 minutes until soft. Add the garlic, apple, orange and spices and sauté for 5 minutes more. In a bowl, mix the rice and chopped nuts. Add the sauté and season to taste with salt and optional maple syrup. Spoon the mixture into the squash halves and return them to the oven (face up). Bake for 20-30 minutes until heated through. Serve topped with spoonfuls of yogurt.

Have a good week!