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Winter Squash

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The USU Student Farm



CSA Newsletter

September 20, 2010

Volume 1 Issue 18



Farm News

In the crisp hours of the early morning it is hard not to notice how breathtaking the farm looks. With mountains framing the sky on all sides it is enough to make anyone think about what a beautiful valley this is. The soft purple light of the sun while just barely coming up over the mountains creates for an incredibly serene and peaceful feeling. When the sun finally breaks over the mountain completely, its warmth is instant. It spreads over us as we bend in the field. That is when I think this may be the greatest internship ever. In those quiet moments the only stress is to make sure to take a deep breath of the fresh morning air and to take it all in.

These quiet times are balanced by the hectic job of preparing the farm for winter. This week we have really tried to tidy of the farm. Davey was great and finished restructuring and reinforcing the hoopouses. We are finding new homes for our perennial herbs to overwinter. The garlic will be planted soon. Most importantly, we are preparing for the first you-pick pumpkin patch for the farm. We want it to be a celebration. We hope that you can all come and that you will spread the word to your coworkers, friends, and families. We appreciate you.

Have a great week.
The Students of the Farm
Ashley, Sara, Bethany, and Crista

New Volunteer Times

Monday- 7 am-2pm
Tuesday- 7 am-9 am at the farm and 10:00 am-1:30 pm at the campus stand outside the TSC.
Wednesday- Times by arrangement
Thursday- 7 am-2 pm and 4 pm-6pm
Friday 7 am-9 am at the farm and 10:00 am-1:30 pm at the campus stand outside the TSC.
Saturday 8 am-noon
Sunday 10 am-2 pm

Pumpkin Patch Day!!!

Our pumpkin patch day will take place **Saturday October 9th between 10:00 am and 5:00 pm at the farm.** It is a fundraiser to help the farm afford necessary equipment and materials, seeds, row covers, etc, for the farm next summer. It will be open to the public. We plan on having live music and local vendors at the event. It should be a lot of fun! CSA members are invited to come and pick out a pumpkin for free that day only. We would also really love it if you brought your friends or family and helped us get the word out! Happy pumpkin picking!

Winter Squash is on the Way

Winter squash comes in many shapes and sizes, round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants. They take longer to mature than summer squash (3 months or more) and are best harvested once the cool weather of fall sets in. They can be stored for months in a cool basement-hence the name "winter" squash.

The farm is growing five different varieties of winter squash: acorn, butternut, buttercup, delicate, and spaghetti. They are looking pretty good and should be ready for you soon.

Did You Know?

Did You Know Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup.

Did You Know The scientific term for the common tomato is *lycopersicon lycopersicum*, which means "wolf peach."

Did You Know There are more than 10,000 varieties of tomatoes.

Did You Know Darker Green lettuce leaves are more nutritious than lighter green leaves.

Did You Know The plant pigment that gives carrots and other vegetables their vivid orange color is Beta-Carotene. Our bodies convert Beta-Carotene into Vitamin A.

Did You Know In the United States, lettuce is the second most popular fresh vegetable.

Did You Know Pumpkins were once recommended for removing freckles and curing snake bites!

Did You Know Dried chile pepper wreaths are called "Ristras" - a symbol of plenty and hope.

Did You Know We are eating 900% more broccoli than we did 20 years ago.

Did You Know Hippocrates noted the medicinal properties of lettuce in 430 B.C.

Don't be Scared to Call

Just a reminder that if there is ever a mis-communication or need for you to get in touch with us, feel free to call. Often we are out in the field without internet access and will be able to more quickly accommodate your need if you call. If you come to pick up your share and it looks like we are not there just give us a ring. You can reach Ashley at (435)881-3690 or Bethany at (801) 671-8815

Country Memories

Potato Pay

We'd go and dig potatoes for either a bushel or a bushel and a half a day or something like that. All the work was done for what we could get back in edibles. You know, potatoes-something that we didn't raise-we could take out pay in potatoes or take it in money.

Fred Kubni- Heber City

Spicy Squash Soup

2 1/2 tsp. Cajun seasoning
1 1/2 lb. Delicata or other winter squash
2-3 tsp. fresh ginger, peeled and minced
1 liter milk
2 cup sweet onion, diced
1 cup celery, diced
2 tbsp. minced garlic
4 tsp. olive oil
10 oz. frozen corn kernels
10 oz. frozen green beans
3/4 cup fresh basil leaves, chopped

Trim edges of squash, cut into four pieces, remove seeds. Steam 12-15 minutes until soft. Scrape the squash from the skin into a blender, add ginger and 2 1/2 cups milk; puree. Sautee onion, celery and garlic in 3 tsp. olive oil until onions are soft. Reduce heat to low, stir in Cajun spice mix. Stir for 30 seconds, add squash puree and remaining milk. Bring to a boil, simmer for 15 minutes. Add corn and green beans and continue to simmer. Stir in basil. Season with salt to taste.

