



## Vegetables for the week of September 23-27, 2013

Lettuce Mix\*  
Collard Greens\*  
Tomatillo\*  
Winter Squash\*  
Cantaloupe\*

Parsley\*  
Lemon Cucumbers  
Beets  
Cipollini Onion

\* Half Shares

It soon comes 'round. With winter comes a short respite, snowballing to spring anticipation, visions of burgeoning crops and fields of plenty. Optimism pervades with innumerable declarations of how we will do x, y and z correctly this year. And so it starts; attention to detail is of the utmost, afforded the luxury of time we cross our t's and dot our I's. Then things get real. After the initial boost of fresh produce and working outside all day have run their course, and believe me they do, continuing the toil month after month becomes a task. Sure, we grovel and groan over late nights as the parsley's got to be picked, carrots dug, beets thinned, etc. But with long days in the field come long bouts of introspection. Questions about the viability, rationality and general sense of committing the majority of one's waking hours to this endeavor come and go with little conclusion, but I do know this; I love this farm. I love what we are doing here and hope you have enjoyed the fruits of our labor.

This week's box is an interlude from summer to fall, melons commingling with winter squash? Well, it's Montana and I for one am proud (re: lucky) to have reared outdoor cantaloupe to some degree of success. Cipollini onions make their first appearance this week, great for caramelizing and fresh use when a pungent onion is called for. If you're into the winter squash and cipollini's we'll have plenty more to come along with various other winter crops such as celeriac, parsnips and potatoes and fresh greenhouse greens in this year's winter CSA, email Jacy for availability as shares are going fast. ([jacy@gallatinvalleybotanical.com](mailto:jacy@gallatinvalleybotanical.com))

My best from Belgrade,  
Chris

### Baked Sweet Dumpling Squash from BlueApron.com

First, preheat oven to 425° F and put a medium pot of water on to boil. Cut the tops off of the dumpling squash, then scoop out the seeds. Drizzle the squash with a little olive oil, season with salt and pepper, then place them in the oven on a baking sheet.

Next, dice the zucchini, then dice the eggplant. Seed and dice the red pepper. Then, chop the garlic and roughly chop the parsley. Once the water is boiling, add the millet and boil for 8-10 minutes, or until it is tender

Drizzle a little olive oil in a medium pan, then turn the heat to high. Sauté the eggplant, zucchini, and red pepper for 3-4 minutes, or until the vegetables are soft. You may need to add a little more olive oil as you sauté. Add the garlic and sugar, then sauté for 30 more seconds, then add the vinegar and most of the parsley. This is your caponata.

Once the millet is done, drain and add it to the pan with the caponata. Stir until well combined, then remove from the heat.

Next, remove the squash from the oven and fill with your caponata mixture. Sprinkle the goat cheese over the top, then bake for 15 more minutes, or until the squash is completely tender. If you have extra filling, save it to serve alongside the stuffed squash.

Once the squash is tender, remove them from the oven. Garnish with the remaining parsley and dig in!