



Perhaps its just a side effect of living in Wisconsin but once again the summer has flown by as we usher in the autumnal equinox and the official first week of fall. Summer being the small window of time that it is, provides us with just enough warm weather and sunshine to squeeze out a pretty good array of fruits and vegetables.

Dave Heidel is wearing a specially designed harvest pack to pick cobs from the field and transports them back to the truck for crating.

“Making hay while the sun is shining” goes the old saying and so we must take advantage of the time now to get our outdoor work done while conditions are still good. What an incredible contrast between our winters and summers. The very same lush fields we traverse now in a few months will be frozen solid, and



Washing winter squash

lifeless. It's September, and the fields are still green, and the harvest is in high gear. We'll be packing the boxes with as much as we can fit in until the end of the delivery season on October 31st.

Two items assured will be in all remaining deliveries are onions and winter squash. Red onions and the yellow storage onions that we'll begin passing out this week have a very good shelf life especially the yellow onions. You may get more onions than you can use in a weeks time but they'll keep and be useful during the winter. Keep them in a cool spot in



your home and out of direct light. The cooler the room temperature you can provide the longer they will store. Winter squash is another vegetable that don't need to be consumed right away. However, we advise you to first use up the squashes that have any visible surface blemishes. The butternut squash shown in the picture (right) has been infected with a blight that only affects this type of squash.



Harmless to people and with no affect on the eating quality, the squash will not store well and should be eaten within two to three weeks. Not all of our butternut squashes have this defect but this disease is difficult and even impossible for us to prevent with the organic controls we use. For long term storage of blemished squash they can be cooked, the flesh scooped out of its shell and frozen for later use.

The recipe below is another easy way to use up blemished squash and can be frozen for later use. Leeks which will be in several upcoming deliveries are combined with butternut squash in this tasty soup.

Winter squash varieties still coming up in future deliveries are acorn, butternut, delicata, and sunshine kabocha squash.

Hope some of this information will be of help for storing and using your winter squash and onions. If you have any vegetable storage questions send us an email and we'll do our best to answer them for you.

Butternut Squash & Leek Soup

- 1 whole garlic head
- 2 teaspoons olive oil
- 6 cups thinly sliced leek (about 4 large)
- 4 cups (3/4 inch) cubed peeled butternut squash (about 1 medium)
- 2 cups water
- 2 cups less – sodium chicken broth
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Preheat oven to 350 degrees.
2. Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil. Bake at 350 degrees for 1 hour; cool 10 minutes. Separate cloves; Squeeze to extract garlic pulp. Discard skins.
3. Heat oil in a large saucepan over medium – high heat. Add leek; sauté 5 minutes or until tender. Stir in garlic, squash, 2 cups water, broth, salt, and black pepper; bring to a boil. Reduce heat, and simmer 10 minutes or until squash is tender. Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over the opening in the blender lid (to avoid splatters). Blend until smooth. Pour pureed soup into a bowl. Repeat procedure with remaining squash mixture. Yield: 6 servings (serving size; about 1 cup).