



2011 Season

Week fourteen

August 28, 2011

# Zilke Vegetable Farm CSA

## What's inside your box this week:

## Seasonal eating

Fall harvest is right around the corner. This truly is the time to savor the flavors of summer that we wish could last forever.

Part of the experience of our CSA is the opportunity to eat foods in season. This week, you will have your first fall squash—an early butternut squash. If you are not quite ready for autumn meals, this squash will sit quite willingly a month or more if cool and dry.

In the meantime, eat up on the last of the summer's bounty—tomatoes, sweet corn, cucumbers, and more! We will continue these treats just as long as the weather and the plants provide.

Give us a call if you'd like to purchase extra tomatoes, sweet corn, or other seasonal items. They are available to members at a discounted price!

TOMATOES, TOMATOES, TOMATOES

Sweet corn—quite possibly, the last of the season.

Again, a good assortment of peppers

Green beans—either blue lake or roma Italian varieties

The last of the summer's cucumbers

The first of the fall squash varieties—this week: butternut

Thankfully—fresh greens again! Look for a small bag of arugula or a larger one of black seeded simpson

Depending on picking—even more!

## Farm Updates

Late summer pollen season is here—the tractor was coated with it after mowing some weeds. Tom was coated inside and out, too. See page two. . . We are glad to be relatively non-allergic!

The fall greens are up and some are arriving in your shares this week—arugula and black seeded simpson lettuce are the fastest moving, but the spinach, mustard greens, and bok choy are in close competition. I have my fingers crossed that the cilantro will pull through in time for late summer salsa, since we lost nearly all our herbs in the torrential rains earlier.

The lima beans won't produce in volume this year, thanks to the rain, but we had good luck with the germination and will try them again next

year. Popcorn is thriving—we may need a mechanical harvest option this year!

Honey will appear in shares later this season, as the bees have been actively gathering nectar and storing excess for our harvest. I swapped out honey supers last week again, in full gear except for gloves, and had the misfortune of TWO stings—one on each hand. The stings themselves are fairly minor, but the resultant local reaction was a doozy this time—requiring both oral steroids and a shot in the fanny before the swelling had subsided and I could sleep without painful itchiness. Gloves. Every time. I get it.

Have a lovely holiday weekend.

## Zilke Vegetable Farm



Pollen on the tractor,

Pollen on Tom



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Black Seeded Simpson and Arugula, growing well in August



Cilantro in second-leaf stage—grow, baby, grow!!

### Butternut Squash

**Preparation:** Rinse and cut the squash lengthwise. Remove and discard the seeds and excess fiber. May peel skin if desired.

**Stir-Fry:** tender when pierced.

**Bake:** 400 degrees 30 - 40 minutes, uncovered.

**Microwave:** Halve the squash, scoop seeds, cover with plastic wrap, and microwave for 10 -12 minutes.

**Boil:** Cut into chunks and boil 7 - 9 minutes.

**Steam:** Cube and steam for 6 - 8 minutes.

**Fries:** Julienne, toss in olive oil and seasoning, and bake at 400 for 20 to 30 minutes

**Roast:** 400 degrees for 30 - 45 minutes.

### Butternut Squash Soup

1 butternut squash, peeled and seeded

2 tablespoons unsalted butter

1 medium onion, chopped

6 cups chicken stock

Nutmeg

Salt and freshly ground black pepper

Cut squash into 1-inch chunks. Cook onion in butter until translucent.

Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes.

Remove squash chunks with slotted spoon and place in a blender and puree.

Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

#### GARNISHES:

sliced pear  
toasted, chopped pecans  
dollop of sour cream

### Butternut Squash Gratin

1 whole butternut squash

2 tablespoons unsalted butter

3 cups halved and sliced onions

3 cups peeled, cored, sliced apples

3 tablespoons flour

1/2 cup unsalted chicken broth

3/4 cup fresh breadcrumbs

3/4 cup grated sharp cheddar cheese

1/2 pound sliced bacon, crisp cooked, drained, and crumbled

Peel squash and cut in half lengthwise. Remove center seeds and strings, and then slice thinly. Heat butter in a skillet, over a medium flame. Add onions and saute for 10 minutes. Combine apples and flour-toss to coat well. Place half of the squash into a buttered 9x13x2-inch baking dish or hotel pan. Arrange half the apples in a layer on top of the squash place the remaining squash on top of the apples. Cover with the remaining apples. Top with the sauteed onions. Pour stock over all. Bake @ 350 degrees for 45 minutes, until squash is tender combine breadcrumbs, cheese, and bacon-mix well.