

# Farm Of Plenty Summer CSA

Week 7 – August 29, 2011



## FOP News

**Chickens:** Apologies for any confusion surrounding the chicken delivery! There were a couple of different glitches in our anticipated process for delivery. If you would like free-range, organically raised chickens, please log in to your Farmigo account to place and pay for your order (even if you pre-ordered in June). We'll plan to deliver them to your pick-up site the week of September 5<sup>th</sup>.

**Labor Day Week Delivery Change:** The ONLY change will be for the Monday (Twin Cities) members. We will switch the Monday delivery to Wednesday **for this week only** because of the Labor Day holiday. Tuesday and Thursday deliveries will be held as they normally are. Thanks and enjoy your holiday weekend!

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## Carnival Squash Tips & Ideas

Carnival squash are a hard, winter variety. To prepare, halve the squash, remove seeds from cavity and roast or bake to cook the flesh.

\*Mash cooked squash with hearty herbs, roasted garlic, butter or strong cheese.

\*Braise in stock or cook and puree into soups, add to risotto or stuffed pasta.

\*Bake stuffed halves with meats or grains.

\*Dice and roast squash, then add to wraps, savory crepes or green salads.

Hard squash will keep, stored cool and dry, for many weeks.

Follow this link for a great, illustrated recipe for Chicken Stuffed Carnival Squash!

<http://www.foodmayhem.com/2008/11/chicken-stuffed-carnival-squash.html>

## Kids' Corner: Rosy Radish Flowers

\*Wash and cut off the tops of the radishes so that some of the white from the inside is showing.

\*Make 3 evenly spaced diagonal cuts the long way, near the edge of each radish. Be careful not to cut all the way through.

\*Chill radishes in ice water for 10 minutes

\*When the radishes come out of the ice water, the tops where you cut will look like flowers!

## This Week's Shares

Below is a list of veggies that you may receive this week:

Bison potatoes – a great all-purpose potato

Cantaloupe

Onions – white and/or yellow

Radishes

Broccoli

Sweet Corn

Tomatoes – We have lots of different varieties coming out of the field right now

Carnival winter squash

Summer squash – a variety of types including Crookneck, Pattypan, Yellow and Italian Zucchini



Carnival Squash  
(some will be more green than this photo)



Pattypan Squash

Italian Zucchini



Crookneck Squash

