



KEEWAYDIN NEWS

Sweet and Spicy Nasturtium flowers, As the fog lifts off the fields, Large luscious heirloom tomato

What's in the Box

**New Potatoes*

**Heirloom Tomatoes*

**Green Beans*

**Salad Mix with Nasturtium flowers*

**Radishes*

**Red Onion*

**Broccoli or Cauliflower*

**Red Peppers*

**Italian Sweet Pepper*

**Delicata or Sweet Dumpling Winter Squash*

**Ground Cherries*

**Dill, Basil, Oregano*



September 14 / Week 16

Italian Sweet Pepper

And so the change of season's is upon us. The smell in the air has become charged with drying leaves and aging flora. The full blown glory of Summer is waning into Autumn. The kids are no longer playing with earthworms, catching fire flies and dancing in the rain. They are catching grasshoppers, making pets of fuzzy caterpillars and crunching in the leaves. The tomato plants have end of the season blight and will soon be a sweet memory of warmer days. The green peppers are finally changing color and the pumpkins are turning orange. The weather is holding up beautifully with the cool nights and hot days of a true Indian Summer. There is much to be thankful for! —Star

Ground Cherries look like mini tomatillos. The husk should be slightly yellow if still green let it sit for a day or two till they are completely ripe. Good in salads, salsa's or just a snack.

If you get a Tomato that is not fully ripe just leave it on your counter till they are ready.

Cut off the greens on the radishes (and other root crops) and they will store well in your refrigerator.



Ground Cherries

There can be no other occupation like gardening in which, if you were to creep up behind someone at their work, you would find them smiling. ~Mirabel Osler

Creamy Green Bean Parmesan

INGREDIENTS

1 pound fresh green beans, trimmed and snapped

1 tablespoon butter

1/4 cup heavy cream

2 tablespoons grated Parmesan cheese

ground nutmeg

salt, to taste

ground black pepper, to taste

2 tablespoons grated Parmesan cheese

DIRECTIONS

Bring a large pot of lightly-salted water to a boil; drop in the green beans and return to a boil. Cook uncovered until the beans are bright green and barely tender, about 6 minutes. Drain and set aside.

Melt the butter in a large skillet over medium-low heat;

whisk the cream, 2 tablespoons of Parmesan cheese, and nutmeg into the melted butter. Bring the mixture to a simmer.

Gently stir the beans into the mixture to coat; season with salt and pepper. Return to a simmer, transfer to a serving dish, and sprinkle with 2 tablespoons of Parmesan cheese to serve.



Simply Delicata Squash

Ingredients

1 delicata squash or sweet dumpling squash

1tbsp Cinnamon

1/4c chopped nuts

2 T butter

Directions

When preparing in an oven, cut the squash in half by cutting down the length of the oblong shape. For sweet dumpling cut down from the stem. Scoop out seeds. Place the squash with the skin side down in a

dish with 1/2 inch of water. Put one tablespoon of butter in the cavity of each squash half. Cover the dish and bake for 1/2 to 3/4 hour at 375 degrees.

Sprinkle with cinnamon and chopped nuts. Add a scoop of whipped cream and you have a healthy dessert that satisfies the taste buds and doesn't make you feel guilty!



The long ones are Delicata Squash. The round ones are the Sweet Dumpling Squash.