



www.rockvillemarketfarm.net

October 6, 2010

**In your vegetable box  
this week:**

### Small Share

- ❖ Mesclun
- ❖ Carrots
- ❖ Beets
- ❖ Red potatoes
- ❖ Peeled Butternut
- ❖ Delicata Squash
- ❖ Sweet Dumpling Squash
- ❖ Plum tomatoes

### Large Share

- ❖ Mesclun
- ❖ Carrots
- ❖ Beets
- ❖ Red potatoes
- ❖ Peeled Butternut
- ❖ Delicata Squash
- ❖ Sweet Dumpling Squash
- ❖ Plum tomatoes

**\*\*Please note that we try to do our best to give the items on this list, but occasionally we have to make substitutions.**

# Rockville Market Farm

## News From the Farm

To date we've managed to avoid a frost. All of our winter squash is in the storage barn so we can breath a sigh of relief. One big upcoming project this week is moving our flock of 500 laying hens into a greenhouse where they will spend the winter. Greenhouse tables and benches will be moved out. Nesting boxes, feeder, waterer, and hens move in. We'll add lights, and mulch hay and wood shavings for bedding so that they can keep producing wonderful eggs with the side benefit of a crop of compost. We love keeping a flock of hens and have some pretty big plans to expand. "Poultry in Motion" is our tagline; our basic belief is that if we're going to ask these animals to produce food for us we owe them as good a life as possible.

We've been changing our web site around a little bit. This is usually a winter project, but rainy days are good for computer work too. Eric set up a link to a *flickr* account to display more pictures. This will give us unlimited space to upload photos and chronicle life on the farm. We're still figuring out how to organize the page, but keeping checking back.





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## *Share the Harvest!!!*

Delicata and Sweet Dumpling are thin skinned winter squashes and when they are roasted, the skin can be eaten along with the squash. They also lend themselves well to stuffing.

### **Roasted Delicata or Sweet Dumpling**

1 delicata squash  
1 medium yellow onion,  
diced  
balsamic vinegar  
olive oil  
salt and pepper

1. Preheat oven to 350F.
2. Cut a delicata squash in half lengthwise and scoop out the seeds.
3. Fill the cavities of the squash halves with diced onion, then sprinkle with vinegar, oil, s&p.
4. Bake for about 45 minutes, or until onions are brown and caramelized and squash is soft.



**Delicata Squash** - Also called Peanut squash and Bohemian squash. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like corn and sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The thin skin is also edible.

**Sweet Dumpling Squash** - This small, mildly sweet-tasting squash resembles a miniature pumpkin with its top pushed in. It has cream-colored skin with green specks. Weighing only about 7 ounces, it has sweet and tender flesh and is a great size for stuffing and baking as individual servings. Sweet dumplings are tiny but great for roasting and serving whole.

**Butternut Squash** - Beige colored and shaped like a vase or a bell. This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. Some people say it is like butterscotch. It weighs from 2 to 5 pounds. The oranger the color, the riper, drier, and sweeter the squash. Butternut is a common squash used in making soup because it tends not to be stringy.