

# Kettle Pond Farm Summer CSA

Week 16: September 23 & 27, 2012



What to do with the butternut...

I found a great link at [thekitchn.com](http://thekitchn.com) listing 8 great recipes. The list includes:

1. sautéing it with pasta
2. baking it into a pie
3. pureeing with cheese
4. making a soup
5. tossing it in a salad
6. making a dip
7. cooking it into sweet jam
8. roasting it

Check out the recipes [here](#).



Sunset over Kettle Pond

## This Week's Veggies

\* Beets \* Butternut Squash \* Onion \* Kohlrabi or Salad Turnip \* Greens \*  
\* Dill \* Parsley \* Peppers or Eggplant \* Hot Peppers \*

## NEWS and NOTES

**Butternut Squash** – Butternut squash is a fruit that can be roasted, toasted, pureed for soups, or mashed and used in casseroles, breads, and muffins. Don't forget that the seeds can be roasted and snacked upon as well! Among other nutrients and minerals, Butternut squash is a great source of vitamins A, C, B6 and K, fiber, manganese, potassium, folate, and omega 3 fatty acids. This variety of butternut is called "Waltham". It is the most widely grown variety and it originated right here in Massachusetts.

**Hot Peppers and Heat** – For all the folks who have been asking me about the hotness of jalapenos vs. habaneros, here is your answer! Have you heard of the Scoville scale? I hadn't until now. It's a measure of the spicy heat of chili peppers. The number of SHU's, or Scoville Heat Units, relates to the amount of capsaicin present. Capsaicin is the stuff that makes a pepper feel hot, or in more technical terms, a chemical compound that stimulates chemoreceptor nerve endings in the skin, especially mucous membranes. Rated on the Scoville scale, a bell pepper is rated zero, a jalapeno is rated 3,500-8,000 and a habanero is rated 100,000-350,000. To put this all in perspective, law enforcement pepper spray has been rated at 1.5-2 million SCU's. Thank you, Wikipedia!

## Kelly's Beets and Greens and Beans

I'm pretty sure I made this one up, and it is one of my favorites. It's a quick, hearty meal that will fill you up. The sweetness and color that the beets add will WOW you!

(Please note all the "ors" below, and feel free to create your own "ors".)

### Ingredients

Olive oil, Onion or Scallion, Beets, Garbanzo Beans, Kale or Chard, Potatoes or Quinoa, Cayenne or other Hot Pepper, Garlic, Soy Sauce and/or Red Sauce

### Method

On medium heat, saute your onion of choice in olive oil. If you are using quinoa, start cooking some in a separate pot now. Next throw in chopped up beets (and potatoes if you are using them) and cook until softened. Next throw in rinsed garbanzo beans and chopped greens of choice. Once greens start to wilt, throw in chopped garlic, hot peppers, and soy and red sauce. Cook until greens are wilted to your liking. If you have chosen quinoa add it into your veggies. Enjoy!

"Write in on your heart that every day is the best day in the year."  
-Ralph Waldo Emerson