



Riverland Family Farms



CSA Week 18

Corvallis, Oregon

Sunshine Squash

Its October and what better way to start it than having some squash in your kitchen. We are excited to share Sunshine squash with you in this week's harvest box. Its sweet nutty flavor is perfect for a side dish, for pie filling, in soup, or in baked goods. I am including a recipe for a curried soup that has layered flavors and can be perfect for the upcoming cold weather. I hope you enjoy it!

As a reminded, if you have CSA vacation credit, you can use it to order Fall storage produce (1 vacation credit = \$20). Please send an email at csa@riverlandfamilyfarms.com by **Saturday 5pm** to place an order to be picked up with your produce box on Tuesday/Wednesday. All produce is subject to availability. The Fall storage produce list is included below.

You still have the option of using your vacation credit at our Corvallis Farmers' market booth (Saturday and Wednesday) until the last market day this year, November 24th.

Important: Any credit not used by the last market day will NOT carry forward to the next year.

Until next week,
Stay Safe, Stay Healthy!
Ruby

Produce Item	Quantity	Credit Equivalent
An extra harvest box upon request	1 box	1 credit
Butternut Squash (Available late October)	14 lbs	\$20
Delicata Squash (Available late October)	14 lbs	\$20
Sunshine Squash	14 lbs	\$20
Fresh Ginger	1.25 lbs	\$20
Fresh Turmeric (Available late October)	1.25lbs	\$20
Garlic	2 lbs	\$20
Red Onions	12lbs	\$20
Red or Yellow Potatoes	12 lbs	\$20
Strawberry	Half-flat	\$20
Strawberry	Full- Flat	\$40
Sweet Potatoes	7 lbs	\$20

WHAT'S IN THE BOX?

- Rainbow Chard *bunch*
- Russian Kale *bunch*
- Sunshine Squash *1 each*
- Grape Mix Tomatoes *pint*
- Cucumbers *1 or 2*
- Potatoes *1.5 lbs*
- Red Onion *each*
- Parsley *bunch*
- Strawberry *pint*



Curried Squash Soup

Source: foodandwine.com

Ingredients:

- ◊3 tablespoon extra virgin olive oil
- ◊2 large shallots, finely chopped
- ◊2 large garlic cloves, thinly sliced
- ◊Kosher salt
- ◊One 4 pound sunshine squash, peeled, seeded and cut into 3/4 inch cubes
- ◊1 tablespoon hot curry powder
- ◊1/2 teaspoon ground cumin
- ◊1/4 teaspoon ground cinnamon
- ◊1/4 teaspoon crushed red pepper
- ◊1 quart low sodium broth
- ◊3 tablespoon fresh lemon juice
- ◊2 tablespoons apple cider vinegar
- ◊1/2 cup heavy cream
- ◊1 tablespoon Asian fish sauce
- ◊Chopped cilantro for garnish

In a large saucepan, heat the olive oil until shimmering. Add the chopped shallots, sliced garlic and a generous pinch of salt and cook over moderately high heat, stirring, until the shallots are just starting to brown, about 3 minutes. Add the squash cubes, curry powder, cumin, cinnamon, and crushed red pepper and cook, stirring occasionally, for 3 minutes. Add broth, lemon juice, apple cider vinegar and 3 cups water and bring the soup to a boil; reduce the heat to moderately low and simmer, stirring occasionally, until the squash is very tender, about 20 minutes.

Working in batches, puree the soup in a blender until smooth. Return the soup to a saucepan. Add the heavy cream and Asian fish sauce and stir over moderately low heat until hot, about 5 minutes. Season the soup with salt. Ladle the squash soup into bowls, garnish with chopped cilantro and serve.

The squash soup can be refrigerated for up to 3 days. Reheat gently, adding a little water if the soup is too thick.

