



WHAT'S IN THE BOX

- *Liberty Apples
- *Rainbow Chard
- *Collard Greens
- *Fresh Ginger
- *Lemongrass
- *Parsley
- *Green Bell Pepper
- *Red Potatoes
- *Delicata Squash

RECIPE

Delicata Squash Soup

Reference: [The Movement Menu](#)

- *3 pounds Delicata Squash halved lengthwise and seeded
- *4 tablespoons avocado oil split in two
- *kosher salt to taste
- *black pepper to taste
- *4 cups bone broth, chicken broth or veggie broth
- *22 ounces canned coconut milk about 1 1/2 cans
- *1 yellow onion roughly chopped
- *1 teaspoon chili powder
- *1/2 teaspoon dried oregano
- *6 garlic cloves minced

Preheat the oven to 325 degrees Fahrenheit, and adjust the oven rack to the middle position. Set the squash, cut sides up, on a rimmed baking sheet lined with foil. Generously spray or brush with 2 tablespoons of oil and season with salt and pepper. Add about 1/8 inch of water to the baking sheet. Roast the squash for 40 minutes, until fork tender. Remove from the oven and set aside to cool.

In a large saucepan, melt 2 tablespoons of oil. Add onions with a big pinch of salt. Cook over medium low heat for 5 minutes, stirring occasionally until softened. Add garlic and sauté for another minute. Scoop the flesh out of the squash into the pot, and cook for another minute, stirring everything together well.

Add broth, coconut milk, and spices to the pot. Cook over medium heat, about 20 min, stirring occasionally, until the liquid has reduced by about one-fourth.

Carefully ladle the soup into a blender pitcher. You may need to do this in batches depending on the size of the pitcher. Add lemon juice, salt, and pepper. Puree until smooth and taste to adjust seasonings.

Ladle into bowls and garnish with your favorite toppings: coconut cream, fresh herbs, roasted Delicata squash, etc.

WEEK EIGHTEEN

WINTER IS COMING!

Its October already! Leaves are falling, temperatures are dropping, and days are getting shorter. The turn of the season triggers preparations for changing weather. Raking leaves, getting the firewood ready, and preparing for the cold stretch ahead. But, somehow around the world, people have figured out a way to make this time one of the most exciting times of the year.

Texas October meant a much-needed relief from the heatwave, although mosquitoes and other pests remained active and made it difficult to enjoy the outdoors. Northwest Indian October was a busy harvest and planting season. My family stayed quite busy this month harvesting rice and sugarcane, preparing to plant wheat along with sugarcane, and planting cauliflower, peas, and potatoes. But, for most of us, October and Fall means it is time to get ready for the holiday season. Halloween decorations are going up and Pumpkin patches are (cautiously) filling in with crowds. Back in India, it was time for us to get ready for Diwali, the festival of lights, which is celebrated during the Hindu Lunisolar month, usually mid-October to mid-November.

Nowadays my family stays busy during this time preparing for Halloween, Diwali, Thanksgiving, Chanukah, and Christmas. This time of the year could look and feel different depending on where in the world we are, but one way or another the month of October brings many of us together to begin the preparations for winter festivities. Even though 2020 is so much different, I am hoping we can all still find a way to safely celebrate with friends, families, and neighbors.

At the farm, we are starting the winter prep as well. Winter greens, garlic, and onions have been planted and work is underway to prepare the soil beds for the rainy season.

Tomatoes and peppers will slow down and we will start seeing fennel, radish, and other winter vegetables soon. We are including Delicata squash in your harvest box this week and included is a recipe.

Hope you enjoy it!



Until next week, Stay Safe & Stay Healthy
Ruby