



"It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn.

~B.C. Forbes~

## Acorn Squash

Acorn squash are indigenous to the Americas, which means that Europeans were not exposed to them, or any other winter squashes, until after the voyages of Columbus. Indigenous people use to only eat the seeds from the squash since the flesh was actually really thin and hard. They began to select and plant squash seeds of squashes that had thicker flesh. This has allowed the acorn squash to evolve into how it looks today.

Acorn squash was commonly brought along on long treks because of its ability to store for a long time. By colonial times, acorn squash, as well as other winter squashes, was a staple in home gardens. Even Washington and Jefferson had them growing in their gardens.

## This week's CSA share contains:

- Assorted Summer Squash
- Green Beans
- Eggplant
- Acorn Squash
- Hot Pepper
- Swiss Chard
- Lettuce
- Carrots
- Sorrel
- Thai Basil



Here is a recipe that incorporates acorn squash, Swiss chard, carrots, and a hot pepper from this weeks' CSA share!

## Acorn Squash Stuffed with Chard, Carrots, and White Beans

Total Time: 40 mins.

Servings: 2



### Ingredients

1 acorn squash, halved and seeded	1 tsp. olive oil
¼ tsp. salt	¼ tsp. ground pepper
¼ cup chopped onion	1 clove garlic, minced
2 Tbsp. tomato sauce	4 cups chopped chard leaves
½ of a 15 ounce can of white beans	¼ cup dry breadcrumbs
1/3 cup Parmesan cheese	1 cup chopped carrots
½ hot pepper, chopped (optional for spice!)	

### Preparation

1. Preheat oven to 425 degrees. Put each acorn squash half flesh side down in a baking dish. Fill dish with an inch of water. Cook for 25-45 minutes, until tender. Cooking time depends on your oven.
2. Heat oil in a skillet over medium heat. Add onion; cook, until brown, about 3 minutes. Add garlic and carrots. Stir in tomato sauce and salt and pepper and hot pepper. Stir in chard, cover and cook until tender, 3-5 minutes. Stir in white beans and cook until heated through.
3. Position rack in center of oven once squash is done cooking. Change oven to Broil.
4. Combine breadcrumbs, Parmesan and ½ Tbsp oil in a bowl. Fill each squash half with about 1 cup of the chard mixture. Place in the baking dish. Sprinkle with breadcrumb mixture. Broil in center of oven until breadcrumbs are brown, 1-2 minutes.