



“So it goes, we make what we made since the world began. Nothing more, the love of women, work of men. Seasons round, creatures great and small, up and down, as we rise and fall.”

~John Barlow~

### What is a Delicata Squash?



Delicata squash is a winter squash also referred to as the peanut squash and the Bohemian squash. Delicata squash hold their shape well when cooked, making them a good choice for stuffing with whole grains, lean meats or cheese, fruits and vegetables or baking with your favorite seasonings. You can cook them with their skins on. The skin is easy to eat once cooked, so some people like to just slice them with their skin on and cook them up. They have a nutty flavor like a butternut squash, but are a bit creamier and sweeter.

You can store Delicata squash in a cool dry place for **up to 3 months!** Delicata squash are also an excellent

### This week's CSA share contains:

- Tomatillos
- Cherry Tomatoes
- Beefsteak Tomatoes
- Beaver Dam Pepper
- Delicata Squash
- Assorted Cucumbers
- Assorted Summer Squash
- Beets
- Cantaloupe
- Green Oakleaf Lettuce head
- Artichoke
- Yellow Onion

