



“You know, when you get your first asparagus, or your first acorn squash, or your first really good tomato of the season, those are the moments that define the cook’s year. I get more excited by that than anything else.”

~Mario Batali~

Butternut Squash

The butternut squash is a member of the gourd family in the *Curcubita moschata* species and related to the pumpkin. Squashes are derived from wild squashes that grew in Mexico and Guatemala over 10,000 years ago.

Native Americans use to believe that squash was so nutritious that they would bury their dead with squash for them to eat in the after life. They also would eat just the seeds out of squash to promote fertility.

In the 1940’s, Charles Leggett developed our modern day butternut squash. He crossed a gooseneck squash with some other varieties of squash, like hubbards. He eventually created what we know call butternut squash. He named it that because the squash was “smooth as butter and sweet as a nut.”

This week’s CSA share contains:

- Kale
- Purple Top Turnips
- Oakleaf Lettuce
- Radish Medley
- Green Bell Peppers
- Krimzon Lee Peppers
- Wyatt Green Beans
- Tango Celery
- King Richard Leek
- Butternut Squash
- Cherry Tomatoes



Here is a recipe that incorporates butternut squash, turnip, bell pepper, leek, and kale from this weeks CSA share!

Quinoa with Moroccan Winter Squash and Turnip Stew

Total Time: 60 mins.

Servings: 2



Ingredients

3 Tbsp. olive oil	1 cup chopped onion, or leek
3 garlic cloves, chopped	2 tsp. paprika
1 tsp. salt	½ tsp. black pepper
½ tsp. ground coriander	½ tsp. ground cumin
1 tsp. turmeric	½ tsp. ground ginger
1 bell pepper, chopped	1 hot pepper, chopped
1 pint cherry tomatoes, halved	2 Tbsp. fresh lemon juice
3 cups of 1-inch cubed butternut squash	2 cups of peeled turnips, diced
1 cup dried quinoa	1 Tbsp. butter
1 bunch kale, stems removed, diced	green beans, chopped

Preparation

1. Cook quinoa according to package.
2. Heat oil in a large saucepan over medium heat. Add onion, sauté until soft. Add garlic; stir 1 minute.
3. Mix in paprika and other spices. Add 1-cup water, tomatoes and lemon juice. Bring to a boil.
4. Add squash and turnips. Cover and simmer over medium-low heat until vegetables are tender, about 20 minutes. Add kale and green beans and cook for 4 more minutes.
5. Add quinoa to the vegetable mixture.
6. Add chopped fresh mint or cilantro as a garnish.