



THE CO-OP **Produce** NEWSLETTER

A monthly publication for members of the Olympia Food Co-op and its surrounding communities

October 2019

Winter Squash!

We have so many beautiful squash varieties right now! Winter squash comes in a wide variety of colors, sizes, and textures...why not try them all and see which ones you like best? Winter squash is an excellent source of vitamins A&C, both of which are helpful for supporting your immune system during cold and flu season. Winter Squash is also a very good source of dietary fiber, vitamin B6 and manganese, as well as a good source of potassium, vitamin B2, folate, vitamin K, omega-3 fatty acids, magnesium, and niacin. Though the flesh is the part of the squash that most people eat, don't forget about the seeds. They are also edible and very easy to make into a tasty and nutritious snack in your oven

Basic Recipe for Baked Winter Squash and Roasted Seeds

- 1 medium-sized winter squash
- Virgin olive oil (extra virgin may smoke), avocado oil, or other high heat appropriate oil
- Salt
- A few spices (I like cumin, chili powder, garlic powder, smoked paprika)

Preheat oven to 425F. Cut the squash in half lengthwise. Scrape out the pulp and seeds. Use your hands to separate the seeds from the pulp. Place seeds in a colander and rinse. Pat dry with a towel. Coat inside of squash halves with oil, place face down on a baking sheet on in a baking dish.

In a small pie pan, mix seeds with a small glug of oil, a pinch of spices and a little salt.



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Place both dishes in the oven. Check seeds after about 5 minutes, stir. Put back in oven and cook until browned and crispy (about 5 more minutes)

Squash roasting times will vary a lot based on size, Delicata (a smaller squash) takes about 25 minutes. Squash is done when it can be pierced all the way through with a fork, and the insides start to turn golden brown on the edges.

Curried Butternut Squash Soup

from cookieandkate.com

- 2 tablespoons coconut oil or olive oil
- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2 to 3 tablespoons Thai red curry paste*

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- 1/8 teaspoon red pepper flakes (up to ¼ teaspoon for spicier soup)
- 1 tablespoon fresh lime juice
- 4 cups (32 ounces) vegetable broth
- ½ cup full fat coconut milk for drizzling on top
- ½ cup large, unsweetened coconut flakes**

Handful fresh cilantro leaves, chopped
Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.

Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes.

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Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.

While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently, until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer coconut flakes to a bowl to cool. Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents to a blender (do not fill your blender past the maximum fill line and be careful with the hot soup!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.

Stir the lime juice into the blended soup. Taste and season with additional salt if necessary. Ladle soup into individual bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl the spoon through the topmost layer for a pretty design. Top the soup with toasted coconut flakes and a sprinkle of chopped fresh cilantro. ■



Garlic!

Garlic is that magic ingredient that transforms simple foods into magnificent feasts. We are fortunate to have a few farms nearby that grow a nice selection of different types of garlic. Some types have larger cloves, are easier to peel, have an extra spicy flavor, or are somewhat more mild. Raw garlic has a pungent and distinctive flavor that adds a great kick to pestos and marinades. Roasting garlic mellows and sweetens its flavor, and is nice complement to pasta, greens, potatoes, and well...just about everything.

How to Roast Garlic in the Oven

from thekitchn.com

Ingredients

- 1 or more heads of garlic
- Olive oil

Equipment

- Knife
- Aluminum foil

Instructions

Heat the oven to 400°F: Set a rack in the middle position.

Use your fingers to peel away all the loose, papery, outer layers around the head of garlic. Leave the head itself intact with all the cloves connected.

Trim the top off the head of garlic: Trim about 1/4 inch off the top of the head of garlic to expose the tops of the garlic cloves.

Drizzle with olive oil: Drizzle 1 to 2 teaspoons of olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves.

Wrap in foil and bake: Wrap the garlic aluminum foil and roast in the oven for 40 minutes.

Begin checking the garlic: After 40 minutes, begin checking the garlic. The garlic is done when a center clove is completely soft when pierced with a paring knife. Even once soft, you can continue roasting until deeply golden for a more caramelized flavor — check the garlic every 10 minutes. Exact roasting time will depend on the size of your garlic, the variety, and its age.

Use or store the garlic: Let the garlic cool slightly, and then serve. Press on the bottom of a clove to push it out of its paper. Roasted garlic can also be refrigerated for up to 2 weeks or frozen for up to 3 months. ■



Delicious Kiwi Berries

If you haven't yet tried kiwi berries, you're missing out on one of the tastiest and most nutritious fruit snacks in the store. The farm in our area well-known for growing these tasty treats is Burnt Ridge Nursery. They are also called mini kiwis. Some highlights of these little gems:

No need to peel— just pop in your mouth like a grape. They are juicy with a nice sweet/tart taste- their flavor is similar to their full-sized counterparts but without the fuzz.

They are a very good source of Vitamin C as well as a good source of Vitamin K, Dietary Fiber, Vitamin E, and Potassium. Kiwi berries may be round or barrel shaped. They will be soft when ripe and may even have a few wrinkles when they are sweetest.

These make great snacks for kids' lunches. You can cut them in half to make a cool and unique edible decoration for a fall cakes. They store well when refrigerated and are a nice transition from summer berries. ■

-Erin, OFC Produce Manager