



Fresh Thoughts From the Farm

Newsletter for the Farm, Orchard & GRUB
programs of the food bank

September 6, 2021

This week on the farm:

We are gearing up for our GRUB Academic Year Program. Beginning this Saturday GRUB youth will volunteer on Saturday mornings from 9:00 to noon. These Saturday workdays include farm work (harvesting, cleaning fields, repairing irrigation lines, etc.), leading volunteer groups in the farm work, and lots of learning from guest speakers who present on topics from table etiquette to resume building to beekeeping, to whatever Sandy thinks the GRUB kids need to learn. If you have a special skill or talent you think the GRUB kids would benefit from, please contact Sandy to see about scheduling a class.

Both the farm and the orchard will benefit from volunteer help this Saturday. We love it when school is back in session and we have lots of groups reaching out to us to fulfill their volunteering requirements for various clubs and organizations.

The harvest at the farm is dwindling. We hope to continue with share distribution for a few more weeks, but Mother Nature is in charge. This has been a weird weather year for Lubbock. We have been blessed with lots of rain, but the rains came with a price— weeds. Even with a bigger summer GRUB crew than normal, we were not able to keep on top of the weeding. Believe me—we tried!

We are proud to announce that 2 former GRUB “kids” are now employed by the South Plains Food Bank! Justin Golightly is our new orchard assistant, and Victoria Silva is our new farm college intern. We could not be happier about them joining us in our work in the FOG Division.

We are currently looking for an assistant farm hand. Hopefully I will announce this hire next week!

IN YOUR SHARE THIS WEEK:

TOMATOES

EGGPLANT

OKRA

WINTER SQUASH

SWISS CHARD

GRUB RECIPE CORNER

Stuffed Winter Squash

Ingredients:

2 acorn, delicata, dumpling, or carnival squash	2 teaspoons olive oil, plus more for oiling dish/squash
3/4 teaspoons kosher salt	6 ounces chorizo or sweet Italian sausage, crumbled
1 cup chopped leeks	1 cup chopped apple or pear
Freshly ground pepper	2 cups thinly sliced greens (spinach, Swiss chard, etc.)
4 fresh sage leaves, coarsely chopped	2 cups cooked millet, rice, or quinoa
1/2 cup grated cheddar cheese	

Directions:

1. Preheat oven to 375 degrees F. Cut squash in half and remove seeds. Rub the flesh of each squash half with olive oil, and oil an oven proof dish or baking sheet. Sprinkle the whole baking dish with 1/2 teaspoon of the salt. Lay the squash flesh side down in the dish and bake until it is very tender when pricked with a fork, 30—40 minutes. Remove the squash from the oven and raise the oven temperature to 425 degrees F.
2. Meanwhile, heat the remaining olive oil in a large skillet over medium heat. Add the chorizo or sausage and fry until browned. Remove from the pan and set aside. Add the leeks to the hot oil and cook until soft, about 3 minutes. Add the apple, remaining 1/4 teaspoon salt, and pepper, and cook for another minute. Add the greens, sage, cooked grains, and reserved sausage. Cook for another minute, stirring to combine, and remove from heat. Taste and adjust the salt and pepper if needed.
3. Flip the cooked squash over in the baking dish so it is flesh side up. (Be careful, as steam will escape when you turn it.) Scoop the filling into the cavity of each squash half, piling it into a mountain so that it holds as much as possible. Sprinkle with cheese and bake until the cheese melts, about 10 minutes.

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

Robert Lewis Stevenson

Winter Squash Soup

Ingredients:

2 celery ribs, chopped	1 medium onion, chopped
1 garlic clove, minced	3 tablespoons butter
3 tablespoons all-purpose flour	3 cups chicken broth
2 cups mashed, cooked winter squash	2 tablespoons minced fresh parsley
1/2 teaspoon salt	1/4 teaspoon dried savory
1/4 teaspoon dried rosemary, crushed	1/8 to 1/4 teaspoon ground nutmeg
1/8 teaspoon pepper	1 cup half-and-half cream

Directions:

1. in a large saucepan, sauté the celery, onion, and garlic in butter until tender. Stir in flour until blended. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in the squash, parsley, salt, savory, rosemary, nutmeg, and pepper. Simmer, uncovered for 10 minutes, or until heated through. Cool slightly.
2. In a blender, process soup in batches until smooth. Return to the pan and heat through. Gradually stir in cream. Cook 5 minutes longer, stirring occasionally.

SQUASH

-varieties-



SWEET DUMPLING

edible skin, flesh tastes like sweet potato



SUGAR PUMPKIN

thick flesh-packed walls have classic pumpkin flavor



GREEN ACORN

sweet, slightly fibrous flesh



GOLDEN HUBBARD

smooth yellow flesh with a chestnutlike flavor



KABOCHA

nutty, earthy with a touch of sweetness



SPAGHETTI

very mild taste, health pasta alternative



GOURD

ornamental



BLUE HUBBARD

sweet tasting orange flesh



BUTTERNUT

bright orange-yellow flesh and relatively sweet taste



CARNIVAL

yellow flesh is mellow and sweet



CHERRYCAPITAL
FOODS