

Windrush Farm Stand  
a delicious way to support your school  
October 28, 2009

## Happy Halloween Pumpkin Heads!

**Gregory:** pear apples

**Twin Girl Farms:** fuyu persimmon, Valencia oranges, grapefruit

**Riverdog:** corn, lettuce, butternut, cilantro, spinach

**Smit:** pink lady apples, red crimson grapes

Is anyone else out there stunned by the extraordinary crisp October light that shines our Bay Area into unbelievable focus and casts a glow over the sky and bay when the orange fades earlier each evening? Well, say farewell to grapes but get out the pumpkin pie tins, because the experts have confided that the flesh from the butternut is sweeter, creamier and denser for those pumpkin pie makers who are not opening cans (but no judgment to those who are).

An important fact about fuyu persimmons, which may still be laying around from last week....eat them hard. They are not the molten gooey type, but can be peeled and cut like apples and are super delicious when still crispy. Even if you detest the soft variety, these are a different animal.

At this very moment, under the cool autumn sun, there are about 10 Alvens and a few brave Phoenixes packing 100 boxes at extraordinary speed. Each week they come at 12:10 and scurry off at 12:30 grasping a sweet piece of fruit as they run off to class. We love them and welcome them anytime!

### **BAKED BUTTERNUT SQUASH (dessert version)**

1 butternut squash  
2 tbsp. butter  
1/4 c. maple syrup  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg

Preheat oven to 350 degrees. Split squash lengthwise scooping out seeds and fibrous material. Place cut sides down in a baking dish. Fill dish with 1/2 inch water and place in preheated oven. Bake for 20 minutes, 1 tablespoons for each half. Mix spices and sprinkle on squash. Divide equally and pour syrup into each cavity. Return squash to oven and bake 25 minutes longer or until tender. Serves 4.

### **Cubed Butternut Squash (savory types)**

1 butternut squash  
1/4 cup chopped cilantro  
Olive oil, garlic and salt to taste

Preheat oven to 350 degrees. Use a potato peeler to peel skin off squash. Cube flesh into 1/2" cubes. Toss in olive oil, salt, 1 clove of garlic and some chopped cilantro or parsley. Bake 25 minutes longer or until tender.

### **Apple Overwhelm Recipe**

4 apples  
4 tbsp raisins  
2 tbsp brown sugar or sucanat  
1/2 cup cream or half and half  
Cinnamon to taste

Cut apples in half and take out core. Toss with other ingredients and bake at 400° until fruit is tender. This can also be done with pears, should you ever end up with the desire for dessert and too much fruit.