stone church acres

Lots of Squash

You have a few different types of squash in your basket this week! We included the photos above to help you figure out which kind you have. The good news is that all of them can be cooked and enjoyed the same way! Cut in half, take out the seeds and roast on a sheet pan at 425 until tender! You can peel and dice before roasting, or scoop out the inside after. Feel free to type the name of your squash into google for some additional ideas!

IN YOUR BOX:

Squash
Beans
Sweet Peppers
Apple Cider
Apples
Sweet Potatoes
Cabbage (Fulls)

Freezing Apple Cider

Freezing apple cider is a great way to preserve your cider to enjoy at a later time. We love to freeze some and pull it out around Thanksgiving or Christmas to enjoy with family! All you need to do is drink a little bit from the top of the carton (to make room for expansion) and put it in your freezer (upright). When thawing, be sure to remove it from the freezer with enough time to let it thaw completely. Shake it up and enjoy!

End of the Season

This is the last day for our 10-week CSA members. Thank you so much for supporting our family farm this year! We would love to hear from you. Feel free to email with any suggestions or ways that we can better serve our customers. We will send an email at the beginning of 2025 with details regarding next season. Keep connected with us via Instagram and Facebook for the latest updates. We may keep our Market open for a few extra weeks into November depending on the produce we have available. Please stop in!

Recipe Corner: Butternut Squash Soup

Ingredients:

1 medium butternut squash, 4 cups cooked
2 Tbs. coconut oil, olive oil or butter
1 large apple, diced
1 onion, diced
2-3 cloves garlic, chopped
1 tsp. sage
3-4 cups. veggie or chicken broth
salt and pepper to taste
1/2 c. heavy cream or coconut milk
1 tsp. maple syrup (optional)

Directions:

Preheat oven to 425. Slice butternut squash in half lengthwise and place upside down on a parchment lined sheet pan. Roast 30 minutes until easily pierced with a fork through the skin at the narrow, top end. While the squash is roasting, chop the onion, apple and garlic. Heat oil in large pot or dutch oven over medium heat. Add onion and apple and cook for 6 minutes, then add garlic and sage. Cook for additional 5 minutes. Turn off the heat. When the squash is tender, flip them over, and scoop out the seeds and discard them. Then scoop out the flesh and place in a blender. Add the onion/apple mixture and about 3 cups of broth. Carefully blend (hold on the lid with a towel) until smooth. Use more or less broth until desired texture. Add back to the pot on medium heat. Add in heavy cream or coconut milk and stir until heated through. Taste and add maple syrup or more salt/pepper. Enjoy!

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