Squash

You can choose between Butternut, Acorn and Celebration (another variety of acorn squash) today for your basket! All of them will keep for a few weeks if stored in a cool, dark location.

IN YOUR BOX:

Fresh Pressed Apple Cider
Apples
Peppers
Tomatoes
Squash
Onions

Harmony Acres Dairy

We continue to have Harmony Acres Dairy products available for pickup during CSA hours on Friday and Saturday. Submit your order via this link. **Orders are due by 5pm on TUESDAY night.** Please note this change in order deadline. The dairy is now delivering on Wednesday to us, so we need your orders by Tuesday night.

Simple Apple Sauce Recipe

Ingredients

2 cups apples (peeled and sliced)

1/4-1/2 cup fresh apple cider (instead of water!) (amount varies depending on the type of apples)

Sugar & cinnamon to taste

Directions

Peel and slice apples.
-Put them in a saucepan and add water (or cider). Cover and simmer over medium/low heat for 20 minutes. Check on the apples every 5 minutes to make sure they have enough liquid and do not burn.
-Once the apples are soft, take them off the heat and mash with fork, potato masher or put in the blender.
-Add sugar and cinnamon and refrigerate.

Recipe Corner: Cider Braised Pot Roast

Ingredients

3 pound Chuck Roast
Kosher salt and pepper
2 Tbs. all-purpose flour
½ cup Fresh Apple Cider
1 butternut squash, peeled and cubed (about 2 cups)
3 sweet onions, thinly sliced
3 garlic cloves, minced
2 Tbs. olive oil

Instructions

-Preheat the oven to 325 degrees F.
-Heat 1 tablespoon of the olive oil in a large oven-safe Dutch oven or pot over medium-high heat. Season the beef all over with salt and pepper. Sprinkle the flour over the beef and rub it on both sides. Place the beef in the skillet and sear it on both sides, about 2 minutes per side. Remove the beef and place it on a plate.
-Reduce the temperature under the pot to low and add in the remaining tablespoon of olive oil, and the onions and garlic with another pinch of salt and pepper. Cook for 5 minutes. Stir in the apple cider and cook, stirring often, for another 15 to 20 minutes, until the onions are caramelized. Place the roast back in the pot, on top of the onions. Add the squash cubes in the pot too. Cover and cook for 2.5 to 3 hours.
-After 3 hours, remove the pot from the oven and shred the beef with a fork. Serve the beef with the caramelized onions and butternut squash over mashed potatoes or rice.