WINTER SQUASH AND APPLE PUREE

by Angela Sams

INGREDIENTS:

2 pounds winter squash
1 granny smith apple
1/4 cup cream or vegan substitute
¼ teaspoon nutmeg
¼ teaspoon cinnamon
3 tablespoons butter or vegan substitute
Sea salt and pepper to taste

DIRECTIONS:

Preheat the oven to 400 degrees. Line pan with aluminum foil. Cut squash in half and scoop out the seeds. Place the squash cut-side-down on the pan and add ½ cup of water. Bake 45 minutes, then turn cut-side-up and cook 15 minutes. Remove the squash from the oven and cool for 10 minutes. Peel, core and chop the apple. Scoop out the squash and put in food processor or blender. Add the apple and the cream and purée. Add the nutmeg, cinnamon and butter and purée. Add ¼ teaspoon sea salt and ¼ teaspoon of black pepper, pulse a couple of times. Put purée into a saucepan and warm. Serve hot.

Cut along dotted line for 3x5 recipe card

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Upcoming Events

(complete details at www.accokeek.org)

TREE PLANTING
Saturday, October 18, 2008
8:00 a.m. to 11:30 a.m.
Education Center, Rain or Shine, Free
Join us as we celebrate Gorgeous Prince George's County Day. Wear closed-toe shoes, terrain will vary. Tools and gloves will be provided.

COLONIAL FOODWAYS
Saturday, October 18, 2008
10:00 a.m. to 4:00 p.m.
National Colonial Farm, Rain or Shine
Admission Fee Required, Members Free
Love food? Join us as costumed interpreters demonstrate preparation of foods, representative of "middling" sort tobacco growing families in the late 1700s in Prince George's County, Maryland.

COLONIAL CANDLE-MAKING CLASS
Saturday, October 18, 2008
10:30 a.m. to 12:30 p.m.
National Colonial Farm, Rain or Shine
$20 Non-Members, $15 Members
Class Size is Limited to 10, Registration Required
Join us for this hands-on workshop. You will learn about wicks, waxes, uses of candles in the 1700s, and safety instruction. We will also discuss recipes and ideas for making your own candles at home.

FIELD NOTES

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Chips

We recently hosted a group of high school students from the DC CAP program, a culinary arts elective for DC high school students. This was the second time they've visited. When they do, we take a walk around both sides of the Foundation site, so we can experience and talk about all different kinds of food, from meat to staples to veggies. When we get back to the farm we sit around a small propane burner and some of the students make me lunch, using foods we've found along the way: eggs, salad greens (wild and domestic), salad dressing. This is payment enough for me. This visit was especially enjoyable, as a former student was a part of the group.

One student asked a good question, and one I admit I wasn't sure how to answer: if green potatoes are poisonous, should we not eat green potato chips? The truth is, I've been wondering about this since I was in high school. Safe or not safe? And French fries?

The green in a potato is chlorophyll that has developed in the skin in response to light. That's not so bad in itself, but it indicates the presence of solamine, which is so bad in itself, for humans. Solamine is a substance potatoes produce to protect themselves from insects, disease, and predators – good for the potato, but not so good for us, if we want to eat them.

THIS WEEK'S HARVEST

Acorn Squash

Beans

Beets

Garlic

Peppers

Potatoes

Mustard Greens or Kale

Salad Greens

To Take: Hot Peppers

But how bad is it? According to Snopes.com, the Urban Legend myth-buster, an adult would have to eat over four pounds of green potatoes to get sick. According to Cecil Adams, who runs The Straight Dope website, we'd actually have to eat "fifty kajillion, that's how many" green chips.

Brown chips and fries, on the other hand, are another thing. Apparently, these are the result of cold storage: when potatoes are stored for too long at low temperatures, they accumulate sugar, which turns brown when it's cooked.

Anyway....You may notice there are no tomatoes in your box this week. It's time for us to look forward to next year's first ones!

Put Me in a Biodegradable Bodybag and Bury in a Compost Pile, Part I

> Now I am terrified at the Earth! It is that calm and patient,
> It grows such sweet things out of such corruptions,
> It turns harmless and stainless on its axis, with such endless successions of diseas'd corpses,
> It distills such exquisite winds out of such infused fetor,
> It renews with such unwitting looks its prodigal, annual, sumptuous crops,
> It gives such divine materials to men, and accepts such leavings from them at last.
>
> *–from "This Compost," Walt Whitman in* Leaves of Grass*, 1855*

We are very appreciative of those of you who bring us your compost every week. Returning your compostables to the farm brings us closer to closing the nutrient and fertility loop here. While organic materials are welcome, please do not include other materials, including plastic bags (unless it is designed specifically to biodegrade!), trash, and other items. If you would like to bring your stuff in a bag or container, a paper bag is excellent – we can put that right in the pile as is.

In fact, all of us, and this industrialized society in general, can easily streamline our waste-streams into two: biological and industrial "wastes." I put wastes in quotes because the output of one system (be it food, or an appliance, or chemicals released from a manufacturing plant) can and should be an input for another. Old TVs or computers, for example, can be designed to be turned into new ones, or into something else entirely. Their design can include their life after their primary use. William McDonough and Michael Braungart, in their book *Cradle to Cradle*, consider these streams metabolisms – biological and technical.

If we design a system right, we can use and reuse resources endlessly and productively. In terms of producing food, we can imagine what happens to the fertility of the ground when it is consumed by a plant, which is then consumed by an animal or human directly. Those nutrients, in the form of proteins, fats, vitamins, enzymes, secondary metabolites, et cetera, we take those nutrients in and build our bodies out of them, while anything "extra" we eliminate. For thousands – thousands – of years, the Chinese kept pathogens out of the food chain while keeping the nutrients in it, returning them to the paddies and gardens that produced them. Bodily wastes were a premium.

The natural line of thinking to complete the circle is to compost ourselves, too (did King James mistranslate "soil to soil" into "dust to dust"?). In this country and in this era, this is more challenging than simply composting ourselves and our functions. Sewage sludge generally contains many more chemicals and materials than are currently safe to return to soil. Might we just clean it better? Perhaps, if we really want to reuse our resources effectively, we should look further upstream, to where materials are produced, used, and mixed. A first step is to keep biological and technical materials separate. Which brings us back to plastic bags in the compost. And perhaps next week takes us to growth, credit, and regulation.

Be Great.

Mike

Columbus Day Pickup Change to Tuesday

In honor of our Conquest of this fair continent, we will be observing Columbus Day next Monday. Monday SHARE pickup will be Tuesday, the 14th of October.