

FALL 2010  
NEWSLETTER!



## MARKET

**Fall Harvest at Jelli's:** After the warm summer we had, the cool days feel nice don't they? It helps us get ready to enjoy all of the fall items we have for sale now. We have five different kinds of edible squash: carnival, butternut, buttercup, acorn and spaghetti. We've also recently picked out really neat Indian corn, winged gourds (they have the coolest shapes and colors!) as well as pumpkins in every size you can imagine! We also have corn stalks and broom corn, which makes a great looking fall display for your home! Be sure to watch for us in the Gemütlichkeit Parade in Jefferson on September 19<sup>th</sup>. We have closed our produce stands in Johnson Creek and Delafield for the year, but feel free to stop out at the farm any day from 9am-5pm. You can also visit us at the Farmers Markets in Waukesha, Verona and Dousman each week through October as well. Happy Fall!

### Featured Produce of the Season



#### SUGAR PIE PUMPKIN

Sugar Pie pumpkins are one of the best varieties to use for your fall baking. They have firmer flesh, a smoother texture and a sweeter taste, than the larger, decorative pumpkins. Pumpkins contain potassium and Vitamins A, B & C. They are low in calories, fat, and sodium and high in fiber. One cup of pumpkin puree contains zero cholesterol, less than 1 gram of fat and 310% of your RDA of Vitamin A. Wow! Pumpkins pack a punch! Here is how to make a pumpkin puree- great in a wide range of recipes! 1.) Preheat oven to 350° F. 2.) Cut the pumpkin in half and remove the seeds and stringy fibers. 3.) Place in a cooking pan, cut sides down. Fill pan with 1 cup of water. 4.) Bake until tender, about 90 minutes. 5.) Remove flesh with an ice cream scoop. Place in blender and puree until smooth. 2 lbs. of pumpkin = 2 cups of puree

#### CARNIVAL SQUASH

Move over acorn and butternut, there is a new squash in town! Carnival squash are a winter squash that have a cream colored skin with orange spots or pale green with dark green spots in vertical stripes. Carnival Squash have hard, thick skins and only the flesh is eaten. The delicious yellow meat is reminiscent of sweet potatoes and butternut squash and can be baked or steamed then combined with butter and fresh herbs. Fat-free and sodium-free, a three-fourths cup serving provides fiber, carbohydrates, protein, vitamin A, vitamin C, calcium, iron and only thirty calories. Deep colored squashes have the most beta carotene. After baking, add butter and a tablespoon of maple syrup for a special treat!



## Featured Recipes

### NO FAULT PUMPKIN PIE (from [www.veritablevegetable.com](http://www.veritablevegetable.com)) Yield 1 pie

3 cups pumpkin purée  
3/4 cup of honey or maple syrup  
2 tablespoons molasses  
1/4 teaspoon cloves or allspice  
3 teaspoons cinnamon  
1 1/2 teaspoon ginger  
1 teaspoon salt  
4 eggs, slightly beaten  
1 can evaporated milk or 2 cups scalded milk  
1 pie crust

Mix in order given.  
Pour into pie shell.  
Bake 10 minutes at 450° F.  
Reduce heat to 350° F and continue cooking for 40 minutes or until set.



### CHICKEN STUFFED CARNIVAL SQUASH (from [www.foodmayhem.com](http://www.foodmayhem.com)) Serves 2

1 carnival squash (about 1 pound 7 ounces)	1 cup chopped red onion
1 tablespoon butter	2 cloves garlic, chopped
2 teaspoons brown sugar	1 teaspoon chili powder
2 chicken legs, poached	1/2 teaspoon cumin
1 teaspoon olive oil	salt and pepper to taste

1. Preheat oven to 375 degrees F (350 degrees F with convection) and wash the squash thoroughly.
2. Cut the squash in half and scoop out the seeds. Place cut side down in dish and fill with 1/2" of water. Bake for 30 minutes. While it's baking, hand shred the chicken. Set aside.
3. Remove from the oven and flip over. Put 1/2 tablespoon of butter in each squash half and sprinkle with brown sugar. Bake for another 15 minutes. Set each squash half (open side up) on a plate.
4. Heat a small saute pan with olive oil. Add onions and garlic and stir around until softened. Add chicken, chili powder, and cumin. Season to taste. Divide in half and fill each squash half. Serve.



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