



**Apple Butternut Squash Soup**  
(submitted by Sharon Kerns, Harvard, MA)

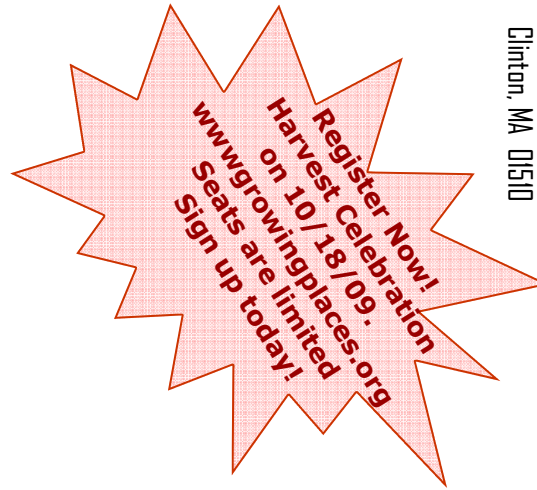
Serves: 10-12 Preparation time: 1 ½ hours

**Ingredients:**

- 4 pounds butternut squash, peeled and cubed
- 1 large apple, cored and cubed
- 3 cups water
- 1 Tbsp. chicken base
- 1 cup apple juice
- 1 tsp. cinnamon
- 1 Tbsp. butter
- ½ tsp. ginger
- ¼ tsp. nutmeg
- ¼ cup maple syrup
- ½ cup whipping cream
- Salt and pepper to taste
- 1 cup milk, if needed, to thin

Combine squash, apple, water, chicken base, apple juice, and cinnamon in a large pot. There should be just enough liquid to submerge the squash. Bring to a boil then turn the heat to low and simmer until squash is soft, about 30 minutes. Mash squash mixture with a potato masher. Add the rest of the ingredients and puree with an immersible blender or in a food processor or blender. Return to pot if the processor or blender were used. Add salt and pepper to taste. If the soup is too thick, add a little milk to get the right consistency. Heat soup over low heat until served.

This soup takes a little longer than some to prepare but it is really worth it. The hardest part is peeling and cutting up the squash. You can reduce the fat in the soup by omitting the butter and substituting milk for the whipping cream. It also can be made without the chicken base for a vegetarian version. Add 1 tsp. salt instead. This is a great soup to have left-over.



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## SQUASH BLOSSOMS

Squash blossoms have a mild flavor similar to squash itself. They are often eaten in the early summer. However, as summer fades, we begin again to think of these flowers less as ways to make more squash and more as food themselves.

Prepare your squash blossoms by washing them gently and re-moving the stamens (the small fuzzy rods inside the flower). They taste best when eaten on the day they are picked.

There are many ways to eat them: sliced in salads, stuffed, or deep-fried. Yes, the male flowers have nice long stems that are used like handles for dipping the blossoms into batter and then into deep fat. If you are planning to eat squash blossoms in salad or stuffed, make sure to remove the stems.



*Cut Open Squash Blossoms:  
Male (left) and female (right) blossoms.*

## TIPS ON...

### Dealing with Frost

Cooler weather means that frost is just around the corner. There are things you can do to help prevent the frost damage, for a little while at least.

### Frost and tender crops

Beans, eggplant, tomatoes, peppers, squash, melons, cucumbers are some of the crops that do not do well when a light frost hits them. Often the plants and their produce end up looking like they had been injected with water the day after a light frost (when temps at night drop to 32 deg). Once this happens, the plant will not recover. Therefore, harvest any usable produce immediately. Other crops such as broccoli, cabbage, carrots, beets, kale, collards enjoy growing in cool weather and actually benefit from a light frost by turning a bit sweeter and mellow in their flavor. They will continue to grow well into the fall and possibly early winter. Almost all vegetable crops will be destroyed by a killing or hard frost (where the temperature drops stays below 32 F for many hours or the temperature drops to 24 F)

### Preventing damage

Cover your garden beds with old sheets (not blankets), commercially bought row covers (call local garden centers to see if they have them), even old shower curtains, on nights when a frost is expected.

Make sure the cover reaches the ground. Remove covers in the morning. Looks funny but it works.

## HOME DELIVERY...

If you selected garlic for your gardens, be on the look out for a home delivery over the next two weeks.

## Did You Know...

That your tomatoes, peppers and eggplants are slowing down because the days are shorter and because the temperatures are cooler? You can speed them up a little by watering them with warm (but not hot) water. Try some in your watering can today.



## TO DO:

- Continue to water garden though not as much as in August. Cooler weather means less water—but not no water!
- Pull plants that are no longer producing any vegetables for you.
- Plant lettuce and spinach just in case fall is mild.
- Pull out weeds so that you won't have to deal with their seedlings next year
- Store diced peppers from your garden in re-closeable bags in your freezer. You can cook them later and they will taste great; they won't work well for salads though.
- Try a few marigold flower petals in your salad

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