



# Farm to Table Cookbook

Recipes & Memories  
from Fairgate Farm

**Summer 2015**



Email us at [FairgateFarm@gmail.com](mailto:FairgateFarm@gmail.com) / [www.vitastamford.com](http://www.vitastamford.com)

## **We had such a great season at Fairgate Farm this year!**

Starting with our Farm Jam Strawberry Festival and the It's Not Easy Being Green celebration in the spring ... continuing with our 6-week Farm-to-Table workshops all summer ... and wrapping up with our autumn Harvest Festival in October, we enjoyed ourselves, learned a lot, tried delicious new recipes, played games and had a lot of fun.

Thanks to Bill Callion and Maxon Keating, our Fairgate Farmers ... a great (and growing) cadre of farm & gardening volunteers ... Stamford Hospital chef/dietitian Gavin Pritchard, and his team of Fairgate Farm helpers for all their help.

Please enjoy these recipes and memories and we can't wait to see you again in the spring of 2015 for a whole new season!





# Strawberry-Black Bean Salsa



Yield: 4 cups (1 quart) / Number servings: 12

Serving size: 1/3 cup

## What you need:

- 2 cups Strawberries
- 1 cup Cooked Black Beans
- ½ cup Yellow Bell Pepper
- ¼ cup Red Onion
- ¼ cup Scallion
- ¼ cup Cilantro
- 1 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Lime Juice
- ½ teaspoon Ground Cumin
- ¼ teaspoon Ground Smoked Paprika or Chipotle Powder
- 1/8 teaspoon Salt (optional)
- 1/8 teaspoon Black Pepper

## What you do:

1. In a large bowl, combine the strawberries, cooked black beans, yellow peppers, red onion, scallion, and cilantro.
2. In a separate bowl, whisk together the extra virgin olive oil, lime juice, ground cumin, smoked paprika, salt, and black pepper
3. Add the lime mixture to the strawberry mixture, and toss to coat all ingredients
4. Adjust seasonings to taste

# Watermelon-Summer Greens Salad + Balsamic Dressing

Yield: 4 servings / Serving size: 3 cups

## What you need:

- 2 cups watermelon, rind-off, cut into small chunks
- 8 cups arugula, spinach, mustard greens, other summer greens, washed, chopped
- ¼ cup scallion, green and white parts, sliced thin
- ¼ cup fresh dill, cilantro, basil, flat leaf parsley, leaves and small stems only
- 2 cups white beans, cooked (or a 15-ounce can, low sodium, drained, rinsed)
- ¼ cup feta cheese, crumbled
- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- To taste cracked black pepper

## What you do:

1. In a large bowl, combine the watermelon, greens, scallion, fresh herbs, white beans, and feta cheese
2. In a small bowl whisk the balsamic vinegar, extra virgin olive oil, and black pepper until well combined
3. Combine the balsamic dressing with the salad and toss to coat ... and enjoy!



West Side neighborhood resident Coron Wilson was our “sous chef,” helping Stamford Hospital chef/dietitian Gavin Pritchard make and serve this delicious watermelon-arugula salad!

June 2014

# Mini Cucumber/Cream Cheese Sandwiches

Yield: 4 mini sandwiches / Number of Servings: 2

Serving size: 2 mini sandwiches

## What you need:

- 2 slices 100% whole wheat bread (Arnold's)
- 8 each cucumber slices, peel on, sliced thin
- 2 tablespoons 1/3 less fat cream cheese or Neufchatel cheese

## What you do:

1. Place 1 slice of bread on a plate
2. Spread 2 tablespoons cream cheese over the slice of bread
3. Place cucumber slices evenly over the cream cheese to cover it
4. Place second slice of bread on top of cucumbers
5. Cut sandwich into four squares (from top to bottom then side to side)



Not only do we grow delicious fruits and vegetables at Fairgate Farm, we also have gorgeous flower gardens! These are some of our mid-summer daisies. (July 2014)

# Green Beans with Lemon, Garlic, and Parmesan

Yield: 8 cups / One serving = 1 cup

## Ingredients:

- 1 ½ - 2 pounds Fresh green beans, trimmed, or 2 packages frozen whole green beans
- ¼ cup water
- ¼ cup low-sodium chicken broth
- 1 ½ tablespoons extra virgin olive oil
- 3 cloves fresh garlic, diced small
- ½ cup yellow onion, peeled, diced small
- 3 tablespoons fresh Lemon juice
- 3 tablespoons parmesan cheese, shaved
- ½ teaspoon fresh cracked black pepper
- 3 tablespoons fresh cilantro, leaves only, chopped, or Italian Parsley leaves
- To taste sea salt (optional)

## Preparation:

1. Bring green beans, water, and chicken broth to a boil in a large skillet. Reduce the heat to a simmer, cover and cook until the beans are just tender, 3 minutes. Uncover and continue cooking, stirring occasionally, until the water and stock have evaporated, 3-4 minutes more
2. Add the oil, garlic, and onion to the pan and cook, stirring, 1-2 minutes more or until onion and garlic are translucent
3. Add the lemon juice, and allow to reduce until green beans are coated
4. Finish by tossing green beans with cracked pepper, cilantro, and shaved parmesan.



An early look at the 2014 bean crop!

## Bok Choy (aka “Chinese Cabbage”)



Bok choy seems exotic but it's easy to find in supermarkets and very healthy. We made a few recipes with bok choy grown at Fairgate Farm.

### Hot and Sour Soup with Chinese Cabbage

Yield: 8 cups /4 servings / Serving size: 2 cups

#### Ingredients

- 1 tablespoon Canola oil
- 2 teaspoon Toasted sesame oil
- 1 teaspoon Crushed red chills
- 1 clove Garlic, minced
- ½ teaspoon Minced fresh ginger
- 1 head Napa cabbage, leaves cut into 1-inch-thick slices
- 3 tablespoon Unseasoned rice wine vinegar or balsamic vinegar
- 3 tablespoon Low-sodium soy sauce
- 1 teaspoon Ground black pepper
- 8 cups Low-sodium, fat-free chicken broth or vegetable broth
- 2 each Green onions, green parts thinly sliced for garnish

#### Preparation

1. Heat canola oil and sesame oil in large skillet or wok over medium-high heat. Add chiles, garlic, and ginger, and stir-fry 1 minute.
2. Add cabbage, and cook 30 seconds.
3. Stir in vinegar, and soy sauce, and cook 2 to 3 minutes, or until cabbage is crisp-tender.
4. Add stock and bring to a boil. Turn off heat and serve garnished with green onions.

# Chinese Cabbage & Vegetable Tacos

Yield: 8 Tacos /Serving size: 1 taco

## What you need:

- 1/2 cup Greek plain 0% fat Yogurt
- 2 tablespoons Honey
- 2 tablespoons Fresh lime juice
- 2 teaspoons Low-sodium Soy sauce
- 2 tablespoons Fresh orange juice
- 4 teaspoons Fresh cilantro leaves
- 8 each Chinese cabbage leaves
- 2 each 15-ounce can sliced pineapple in 100% juice, drained, rinsed
- 2 each 15-ounce can mandarin oranges in 100% juice, drained, rinsed
- 2 cup carrots, peeled, shredded
- 8 stems Chinese cabbage sliced thin
- 4 each celery stalks, washed, sliced thin
- 2 each red bell pepper, seeded, sliced thin
- 2 bunch scallion or chives, sliced thin

## What you do:

1. In a small bowl whisk together the yogurt, honey, lime juice, soy sauce, orange juice, and cilantro leaves until combined. Adjust ingredients to taste. Set aside until needed
2. Slice the top leaf portion off the Chinese cabbage leaf, leaving the hard stem
3. Slice the hard stem thin on the bias
4. Place leaf on plate and fill with fruit and vegetables
5. Top with yogurt sauce and fold
6. Enjoy!

# Beets



We did lots with beets this summer too ... including harvesting them in one of our Farm-to-Table workshops, trying out some new and different ways to prepare them and also making beet playdough! What fun!

## Basic Oven Roasted Beets

### Ingredients:

- 3 medium Beets (about 1 ½ pounds)
- 1 teaspoon Canola or olive oil

### Preparation:

1. Heat the oven to 375°F and arrange a rack in the middle of the oven. Rinse the beets and trim off any leafy tops and stems (save the leafy tops and stems for other recipes). If the beets are large, they can be cut in half to reduce cooking time. Coat the outside of the beets lightly with the oil
2. Place the beets on a sheet tray and roast until tender and easily pierced with a knife, about 60 minutes. Remove from the oven and let cool completely
3. When the beets are cool enough to handle, peel using a paring knife, the side of a teaspoon, or by pushing the skin with your fingers.
4. Store the beets until need in a covered container in the refrigerator

## Beet-Berry Smoothies

Yield: 5 cups

Number of Servings: 5

Serving size: 1 cup

### What you need:

- ½ cup Beets, cooked (roasted or steamed), cooled, peeled, rough chopped
- 1 cup 1% Milk or soy milk
- 1 medium Banana
- 2 cups Fresh or frozen fruit (i.e. blueberries, raspberries, strawberries, blackberries)
- 2 tablespoons Honey
- 1 teaspoon Ground cinnamon

### What you do:

1. Place all ingredients into a blender.
2. Blend until smooth. Blend in additional milk and/or water as needed to achieve desired consistency
3. Serve and enjoy! (Below – Farm Manager Bill Callion showing off a just-picked beet)



# Homemade Beet Playdough

## Ingredients:

- 1 cup all purpose flour
- ½ cup salt
- 2 teaspoons cream of tartar
- 1 tablespoon olive oil
- 1 cup of naturally colored water (see note below)

Note: to make “pinkish/redish” colored water place 1 cup of shredded beets in 1 cup warm water. Let sit for 20 minutes. Drain water into a cup for use in above recipe

## Preparation:

1. Mix the flour, salt, and cream of tartar in a medium sized saucepan or pot
2. Add the oil and colored water and stir until the ingredients are well combined
3. Place the pan/pot on the stove over low to medium heat. Cook the dough, stirring regularly, until it begins to pull away from the sides of the pot (about 3-5 minutes)
4. Remove the dough from the heat and allow to cool a little. Knead the dough for about a minute
5. If not using immediately, store in an airtight container for use later.



## Summer Squash-Cheddar Quesadillas

Yield: 3 quesadillas / Number of servings: 3 / Serving size: 1 quesadilla

### What you need:

- 1 teaspoon canola oil
- 1 ½ cups summer squash, small diced
- ½ teaspoon ground cumin
- 1 tablespoon fresh cilantro, chopped
- 3 each 6-inch Whole grain soft tortillas
- 1/3 cup reduced-fat cheddar cheese

### What you do:

1. In a medium skillet heat canola oil. Add summer squash, cilantro, cumin, and lime and cook until just softened about 4 minutes
2. Transfer cooked summer squash to a plate and allow to cool briefly
3. Return the skillet to the heat. Place one tortilla in the skillet. Spread 1/3 cup cheese, and 1/3 cup summer squash evenly over half the tortilla
4. Fold the empty tortilla side over.
5. Cook each side until browned.
6. Remove from the heat and cut. Serve with salsa, guacamole, and/or lower-fat plain greek yogurt. Enjoy!



Summer squash is an easy vegetable to grow (and eat!) (August 2014)

# Summer Squash-Brown Rice Skillet

Yield: 8 cups

Number of servings: 8

Serving size: 1 cup

## What you need:

- 1 teaspoon Canola oil
- 3 cloves Garlic
- ½ cup Onions
- 3 cups Summer squash
- ½ cup Carrots
- 1 cup fresh tomatoes or (1 each 15-ounce can low-sodium fire roasted tomatoes)
- 2 cups cooked Black beans (1 each 15-ounce can low-sodium black beans, drained, rinsed)
- ½ cup fresh Cilantro, chopped
- 2 teaspoon cumin
- ½ teaspoon ground Chipotle powder
- 2 each fresh Lime juice
- 3 cups cooked Brown rice

## What you do:

1. Heat canola oil in a large skillet over medium heat.
2. Add garlic, onions, and carrots and cook about 4 minutes until just soft
3. Add summer squash and stir to coat. Cook another 4 minutes
4. Add tomatoes, black beans, cilantro, cumin, chipotle, lime juice and stir, cooking another 4 minutes
5. Add brown rice and stir to combine cooking just enough to re-warm brown rice
6. Serve and enjoy!



## Mixed Vegetables

The more colorful fruits & veggies you eat each day, the healthier it is! So it is always good to have a few ideas for tasty ways to serve several different kinds at one meal. Here are a few of our favorites.

## Veggie-Pasta Salad

Yield: 4 ½ cups / 6 ¾-cup servings

### What you need:

- 2 cups Cooked whole grain (pasta, brown rice, barley, quinoa)
- ½ cup Green beans, cut into ½ inch pieces
- ½ cup Zucchini, diced small
- ½ cup small tomatoes, cut in half
- ½ cup frozen corn, thawed
- 2 tablespoon Cilantro, leaves only, ripped/chopped
- 2 tablespoon Chives, chopped small
- ½ cup 0% fat plain Greek yogurt
- ¼ cup Olive oil
- ¼ cup Red wine vinegar
- 1 teaspoon Ground cumin powder
- 1 teaspoon Garlic powder
- ½ teaspoon Salt (optional)
- ¼ teaspoon black pepper

### What you do:

1. In a medium size bowl, whisk together the yogurt, olive oil, red wine vinegar, garlic powder, cumin powder, salt, and black pepper until combined
2. Add the pasta, green beans, zucchini, tomatoes, corn, cilantro, and chives and toss to combine.
3. Adjust seasonings as needed and enjoy!

## Vegetable Dip

Yield: 1 cup / 2 servings / serving size = ½ cup

### What you need:

- 1 cup 0% fat plain, raspberry, or peach Greek yogurt
- 1 tablespoon honey
- 1 tablespoon fresh Lime juice or apple cider vinegar
- ½ teaspoon ground cumin
- 1 tablespoon fresh Cilantro, leaves only, chopped or ripped

### What you do:

1. In a medium bowl, combine all ingredients.
2. Whisk to combine.
3. Serve with vegetable and fruits
4. Enjoy!



# Barley Salad with Tomatoes, Cucumber, and Arugula

Yield: 4 cups

Number of Servings: 4

Serving size: 1 cup

## What you need:

### Barley:

- 1 cup barley, uncooked
- 2 ½ cups low-sodium/fat-free chicken stock, vegetable stock, or water

### Vinaigrette:

- 1 tablespoon onion, peeled, finely chopped
- 1 tablespoon lemon juice or red wine vinegar
- 2 tablespoons extra virgin olive oil or canola oil
- 2 tablespoons fresh parsley leaves, chopped
- ½ teaspoon salt (optional)
- ½ teaspoon ground black pepper

### Salad:

- ½ cup cherry tomatoes, halved
- ½ cup cucumbers, peel on, chopped small
- ¼ cup yellow pepper, seeded, chopped small
- 1 cup baby arugula, chopped small

## What you do:

1. In a medium saucepan, bring the stock to a boil. Add barley, reduce heat to a simmer, cover, and cook about 15-20 minutes until just tender. Drain barley in a fine mesh strainer, and run under cold water until cooled completely. Allow excess water to drain
2. Place the onion and lemon juice, or vinegar, in a medium bowl. While whisking, add the oil until combined. Season with parsley, salt (optional) and black pepper. Stir until combined
3. Toss the cooked barley, tomatoes, cucumbers, bell peppers, and arugula with the vinaigrette
4. Serve and enjoy!



Corn just peeping out of the ground from early in the spring. (May 2014)

## **Grilled Corn on the Cob**

### What you need:

- 8 ears of corn, stripped of husks and silk
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt (optional)

### What you do:

1. Pre-heat the grill to medium
2. Rub or brush olive oil evenly over all ears of corn until evenly coated. Sprinkle salt, if using, evenly over corn
3. Place corn on the grill, close the cover and grill for 15-20 minutes, turning every 5 minutes, or until the kernels are tender when pierced with a knife



Popcorn is such a healthy snack when prepared without lots of butter and salt. Here are some delicious ways to prepare popcorn that you can feel good about eating!

## **Sesame Flavored Popcorn**

### Ingredients:

- 8 cups popped popcorn
- 1 tablespoon unsalted butter, melted
- 2 tablespoon toasted sesame oil
- 2 tablespoons toasted sesame seeds
- ½ teaspoon ground ginger powder
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon sea salt, fine ground (optional)

### Preparation:

1. Place the popcorn in a large bowl.
2. In a smaller bowl combine the melted butter and sesame oil. Add the sesame seeds, ground ginger, garlic powder, onion powder, and sea salt, if using, to the butter and oil mixture. Stir to combine
3. Pour the combined mixture over the popcorn and toss or stir to distribute evenly over the popcorn
4. Enjoy!

## Italian Seasoned Popcorn

### Ingredients:

- 8 cups popped popcorn
- 1 tablespoon unsalted butter, melted
- 2 tablespoon extra virgin olive oil
- 1 tablespoon dried oregano leaves
- 1 tablespoon dried basil leaves
- 1teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon crushed red chili flakes
- ½ teaspoon ground black pepper
- ½ teaspoon sea salt, fine ground (optional)

### Preparation:

1. Place the popcorn in a large bowl.
2. In a smaller bowl combine the melted butter and olive oil. Add the oregano, basil, garlic powder, onion powder, chili flakes, black pepper, and sea salt, if using, to the butter and oil mixture. Stir to combine. For a finer herb/spice blend, grind the herbs/spices in a coffee grinder prior to adding to the butter and oil mixture
3. Pour the combined mixture over the popcorn and toss or stir to distribute evenly over the popcorn
4. Enjoy!

## Southwestern Spiced Popcorn

### Ingredients:

- 8 cups popped popcorn
- 1 tablespoon unsalted butter, melted
- 2 tablespoon canola oil
- 1 tablespoon chili powder
- 1 teaspoon Hungarian sweet paprika
- 1 teaspoon ground cumin powder
- ½ teaspoon ground garlic powder
- ½ teaspoon ground onion powder
- ½ teaspoon ground chipotle powder
- ½ teaspoon dried oregano leaves
- ½ teaspoon sea salt (optional)

### Preparation:

1. Place the popcorn in a large bowl.
2. In a smaller bowl combine the melted butter and canola oil. Add the sesame seeds, ground ginger, garlic powder, onion powder, and sea salt, if using, to the butter and oil mixture. Stir to combine
3. Pour the combined mixture over the popcorn and toss or stir to distribute evenly over the popcorn
4. Enjoy!

**Pumpkin**



Pumpkin harvest is a sure sign that the growing season is coming to its end. Here are some fun ways to enjoy this healthy squash!

## **Pumpkin Cornbread**

Yield: 6-8 pieces/muffins / Serving size: 1 piece/muffin

### What you need:

- Pan spray or small amount of canola oil
- 1 package corn muffin/bread mix (i.e. Jiffy Brand)
- 1 each whole egg
- 1/3 cup fat-free or 1% milk
- 1/2 cup un-sweetened canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1 tablespoon pure maple syrup or pure honey

### What you do:

1. Pre-heat oven to 400 deg F
2. Lightly spray, or grease with canola oil, a muffin pan or small square glass baking dish
3. In a medium size bowl, add all ingredients. Stir to combine well. Fill 2/3 full, the muffin cups or the square baking dish
4. Bake 16-18 minutes or until a toothpick inserted into cornbread comes out clean
5. Enjoy!

## **Olive Oil-Pumpkin Bread**

Yield: 8 servings / Serving size: 1 slice

What you need:

- 2/3 cup unbleached all-purpose flour
- 3/4 cup whole-wheat flour
- 2 teaspoon pumpkin pie spice mix
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup pumpkin puree, canned or fresh
- 1/2 cup light brown sugar
- 1/3 cup olive oil
- 1/3 cup honey
- Cooking spray

What you do:

1. Preheat the oven to 350F. Spray a 9x5-inch loaf pan with cooking spray
2. In a medium size bowl, whisk together the flours, pumpkin pie spice, baking soda, baking powder, and salt until combined
3. In a larger bowl, whisk the eggs, pumpkin, brown sugar, oil, and honey until well combined.
4. Add the dry ingredients to the wet ingredients and stir with a large spoon until evenly combined
5. Pour the batter into the sprayed pan and gently smooth the top using a spoon or spatula. Tap the pan lightly on the counter top to allow the batter to settle
6. Place the pan on a center rack in the oven and bake for about 45 minutes until the top is browned and a wooden skewer or bread knife inserted in the middle comes out clean
7. Remove from the oven and allow to cool on the counter for 15-minutes before taking out of the pan. Take the loaf out of the pan and allow to continue cooling on a rack until ready to slice and serve.



## Basic Roasted Pumpkin Seeds

# of servings varies with pumpkin size (average 6-8) / Serving size: ½ cup

### What you need:

- 1 medium sized pumpkin
- Dash fine ground sea salt (optional)
- 1 tablespoon olive oil

### What you do:

1. Carefully cut open the pumpkin by cutting a circle around the stem end and pulling off the top. Use a strong metal spoon to scrape the insides of the pumpkin and scoop out the seeds and strings. Place the pumpkin seeds in a colander and run under water to separate the seeds from the other pumpkin mass

4. Spread pumpkins out on a strip of paper towels or a baking tray and allow to dry. Meanwhile, preheat the oven to 375F. In a medium bowl toss the dry pumpkin seeds with olive oil to coat. Add optional salt and toss to coat again.

6. Spread pumpkin seeds evenly out on a cookie sheet and place in the oven on the middle rack. Bake seeds for approximately 15-20 minutes or until desired brownness is reached.

7. Remove from the oven and allow to cool completely before eating.

# Chipotle-Honey Roasted Pumpkin Seeds

# of Servings: 4

Serving size: ½ cup

## What you need:

- 2 cups pumpkin seeds, cleaned (follow directions for basic roasted pumpkin seeds)
- 2 teaspoons olive oil
- 2 tablespoons honey
- ½ teaspoon sea salt
- ½ teaspoon chipotle powder
- ¼ teaspoon ground cumin

## What you do:

1. Heat the olive oil over medium heat in a large skillet. Add the pumpkin seeds and sauté until lightly browned, about 3-4 minutes
2. Add the honey, chipotle powder, and salt stir to coat the seeds
3. Remove the skillet from the stovetop and transfer to seeds with a spatula to a baking sheet
4. Place in the oven for about 25 minutes, stirring occasionally, and cook until seeds are crisped but not burnt
5. Remove from the oven and allow to cool completely before serving



## **Pumpkin Pie Smoothie**

Servings: 2

Serving size: 8-10 ounces

### What you need:

- ½ cup pumpkin puree
- ½ ripe banana
- ¾ cup fat-free plain Greek yogurt
- 1 teaspoon honey or maple syrup
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon pure vanilla extract
- 1 cup ice

### What you do:

Place all the ingredients in a blender and puree until smooth. Make sure all the ice is completely crushed



Here's how the pumpkins looked in early August 2014.

## **Oven Roasted Pumpkin**

Yield: 8 servings / Serving size: 1 slice

### What you need:

- 1 medium fresh pumpkin (about 4 pounds)
- 1 each juice of fresh lemon
- ¼ cup extra virgin olive oil
- 2 fresh garlic cloves, peeled, minced
- ¼ cup scallion, white and light green part (save dark green for garnish)
- 2 tablespoons fresh cilantro leaves, chopped
- 1 ½ teaspoons each ground cumin and coriander
- ½ teaspoon each ground turmeric and ginger
- ¼ teaspoon each ground cinnamon and cloves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### What you do:

1. Preheat the oven to 400F
2. In a small bowl whisk together the lemon juice, olive oil, garlic cloves, scallion, cilantro leaves, ground spices including salt and pepper until combined
3. Turn the pumpkin on its side, and carefully slice off the stem at its base
4. Turn the pumpkin upright, and slice the pumpkin through the center from top to bottom
5. Using a sturdy metal spoon, scrape out seeds and stringy flesh, and set aside for toasted seeds or other use
6. Cut each pumpkin halve into 4 equal wedges or four equal chunks
7. Place the pumpkin skin side down on a baking sheet. Brush the tops of the pumpkin liberally with the oil, lemon, and spices mixture
8. Place the baking tray with squash in the oven and bake for about 25-30 minutes or until squash is just fork tender. Baste the squash with the remaining oil, lemon, and spices mixture halfway through the cooking process
9. Remove from the oven and allow to cool slightly before serving



## Please stay in touch!

We'll stay busy at Fairgate Farm through the end of November, with lettuce growing in our greenhouses and some late crops of squash, sweet potatoes and other late vegetables. Though the Farm will be quiet until late March, we will have some cooking classes and other special events during the winter months.

Please make sure we have your email address and/or phone number so we can keep you up to date on what's happening.

You can also like us on Facebook ([www.facebook/vitastamford.com](http://www.facebook/vitastamford.com) and [www.facebook/fairgatefarm.com](http://www.facebook/fairgatefarm.com)) and follow us on Twitter: @vitastamford.

We're always looking for volunteers – adults, teens, individuals, families and corporate volunteers! [fairgatefarm@gmail.com](mailto:fairgatefarm@gmail.com)

Next year's plans include more one-day festivals, workshops and an early spring Community Gardening 101 workshop ... all, free, always and open to all!



A happy hot-day memory from Fairgate Farm to get you through the winter!