



Bell Pepper



Potatoes



Apples



Butternut Squash



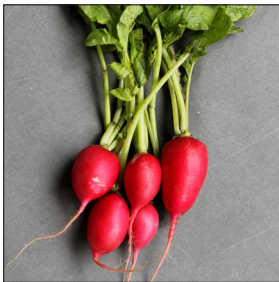
Onions



Cabbage



Jalepeno Peppers



Radishes



Corn



Asian Pears

COME SAY HELLO!

Wednesday

Farmstand @ 592 Chase Rd
Noon - 6pm

Thursday

Falmouth Farmers' Market
Noon - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Friday

Dartmouth Farmers Market
1pm - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Saturday

Provincetown Farmers' Market
9am - 3pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Sunday

SoWa Open Market
10am - 4pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Half Share: Bell Pepper, Potato, Apple, Butternut Squash, and Onion

Vegetable of the Week

Butternut Squash

Butternut Squash, one of the most popular winter is a tasty way to help usher in fall! Being a winter squash, it is a member of the gourd family which makes it a cousin to the pumpkin, melon and cucumber. Butternut squash provides an ample dose of dietary fiber, making it a very heart friendly food choice. Use it in soups, stews, casseroles or any

number of comfort food style dishes for a healthy and autumn-flavored dish! It's unique flavor can be used in both savory as well as sweet dishes and it's seeds make a nutritious snack food, just like pumpkin seeds! Once at home, well-ripened squash can be stored for many weeks (even months!) in a cool, humid-free, well-ventilated place at room temperature. However, cut sections should be placed inside the refrigerator where they keep well for 3-4 days.