



One of our recipes is super-simple and created by the farmer, Daniel Parson. The other is taken from the AJC with a link to the story about the squash itself.

Folks can order online from now up until Wednesday, December 2 at noon. Pickup is at the farm on Thursday, December 3, from 3-6pm. [406 Emory Street in Oxford 30054](#). Come down the long driveway by the mailbox to the barn where Daniel will be waiting to put the box in your vehicle. Check Oxford College Farm on [Facebook](#) for future one-time boxes or go directly to the ordering link.

<https://app.oxford.emory.edu/WebApps/Forms/index.cfm?fuseAction=csaonetime-Form>

\$25 Meal kit box includes:

- 5-7 pounds African Squash
- 1 bunch Amara mustard
- 1 bunch collards
- 2 pounds carrots

Daniel's Super Simple Greens and Carrots:

You will need garlic, onions, olive oil, and sea salt along with your items from the veggie box to complete this dish. In the box you will find Amara mustard, carrots, and collards. This can be made with any cooking greens. My favorite combination will have a spicy mustard along with a sweet/mild green like collards, kale, or chard. Many people think you need a ham hock and hours to cook collards, but it's not true. The key is the combination of fat, salt, and heat. Rendering a great bacon like Benton's is an excellent way to add umami flavor to this dish, but the vegetarian version is awesome on its own.

Dice a medium onion and 6 carrots and peel garlic. Stem/rib the Amara and collards and coarsely chop them. Heat the olive oil in a heavy skillet with a tight-fitting lid. Add onions and carrots and cook until they just start to soften. Add garlic and a bit of salt just before adding the greens. Salt the greens and cover if you can. If the lid won't fit, add about half the greens and cover, then add the rest a minute or so later when they have wilted down a bit. A couple tablespoons of water helps to get the steam going. I like to cook them with enough water to steam, but not enough to make it soupy. Cook for about 10 minutes, stirring occasionally, or until the greens are tender then remove the lid and let the remaining liquid steam away.

https://oxford.emory.edu/academics/organic_farm.html

Canoe's African Squash Soup

Hands on: 15 minutes

Total time: 1 hour

Makes: 17 cups

1/4 cup (1/2 stick) unsalted butter

1 medium sweet onion, diced

1 leek, white part only, diced

8 cloves garlic, minced

2 medium African squash (about 5 pounds), peeled, cut in half, seeded and cut into chunks

8 cups chicken stock

1 1/2 cups heavy cream, divided

1 tablespoon maple syrup

Salt and pepper

Zest and juice of 1 lime

Toasted pumpkin seeds, for garnish

In a large saucepan, melt butter over medium-high heat. Add onion, leek and garlic and sauté until onion is translucent, about 5 minutes. Add squash pieces and chicken stock. Simmer 30 minutes or until squash is tender. In the jar of a blender, or using an immersion blender, puree soup until smooth. Return to saucepan, if using blender, and add 1 cup cream. Taste for seasoning, adding maple syrup to taste.

Whip remaining 1/2 cup cream to stiff peaks and add lime juice and zest. Taste for seasoning, adding salt and pepper to taste. Garnish soup with lime whipped cream and toasted pumpkin seeds.

Adapted from a recipe provided by chef Carvel Grant Gould.

Per 1-cup serving: 169 calories (percent of calories from fat, 53), 7 grams protein, 17 grams carbohydrates, 2 grams fiber, 12 grams fat (7 grams saturated), 36 milligrams cholesterol, 32 milligrams sodium.

<https://www.ajc.com/entertainment/dining/season-african-squash/nQivHptDGoPwZM1Q0BdYBI/>