

## Spirit Newsletter – September 2018

### Silver Springs Edible Community Garden

“Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad. Philosophy is wondering if that means ketchup is a smoothie.” - Miles Kingston

At this time of year, our summer gardens are exploding with all kinds of fresh fruits and vegetables, and walking past the Silver Springs Edible Gardens will show you how true this is! Our gardeners have been hard at work for several months and are now reaping the rewards of their harvest. Sometimes it can be difficult to come up with creative ways to enjoy the bounty of items in our Canadian gardens – such as the various types of squash. This month we thought we would share a delicious recipe that makes use of butternut squash (or pumpkin), apples (or pears), onions, and herbs like sage, that are coming out of our gardens. We hope you enjoy!

The last Garden Speaker Series presentation took place on June 20<sup>th</sup> and **the series is now complete for this year**. The events proved to be very successful with interesting topics and good attendance. Planning for next year’s garden talks will begin soon and we welcome your ideas and suggestions on garden topics that would be of interest to you. Email: [silverspringsgarden@gmail.com](mailto:silverspringsgarden@gmail.com). Look for the article in the SSCA ‘Spirit’ in early 2019 to see what exciting garden talks are being offered!

#### **BUTTERNUT SQUASH PIZZA**

Recipe courtesy of Half Baked Harvest  
[www.halfbakedharvest.com](http://www.halfbakedharvest.com)

#### **Ingredients**

1 Pizza Shell (make your favourite at home or purchase in-store!)  
1/3 cup + 2 tablespoons olive oil, divided  
4 cups cubed butternut squash or pumpkin  
1 tablespoon honey  
1 teaspoon chili powder, divided  
1/4 teaspoon cinnamon  
4 slices thick cut bacon, chopped  
2 sweet onions, sliced thin  
1 tablespoon butter  
1 cup apple cider  
1 in large chipotle chile adobo, minced  
1/2 teaspoon cumin  
Salt and pepper to taste  
1 small apple thinly sliced  
6 ounces sharp cheddar cheese shredded  
2-4 ounces blue cheese crumbled  
1 large bunch fresh sage  
roasted pumpkin seeds for topping

#### **To Assemble**

Preheat the oven to 425 degrees F. In a small bowl whisk together 2 tablespoons olive oil, 1/2 teaspoon chili powder, cinnamon, honey and a pinch of salt and pepper. Spread the veggies out in a single layer on one or two baking sheets. Drizzle the olive oil mixture over the veggies and toss well to coat. Roast until vegetables are tender, 20 to 25 minutes, stirring the veggies halfway through. Remove and set aside. While the veggies roast, caramelize the onions. Heat a large skillet with high sides over medium-high heat and cook bacon until crispy. Remove to a paper towel-lined plate. Remove all but one tablespoon of bacon fat from the pan and then add the butter. Add the onions and cook about 10 minutes, stirring frequently, until softened. At this point you want to slowly add the cider, let it cook into the onions, add more and let it cook some more. Do this until the 1 cup of cider is gone or the onions are caramelized to your liking and the cider has evaporated. In a bowl whisk together the remaining 1/3 cup olive oil, chipotle chile pepper in adobo, 1/2 teaspoon chili powder, cumin and a good pinch of salt and pepper. Place the pizza shell on a greased baking sheet. Spread the chipotle olive oil mixture over the dough. Add the caramelized onions and half the roasted butternut squash. You may not want to use all onions if you feel like there is just too many. Add the cheddar cheese and then the sliced apples and remaining butternut. Sprinkle with the blue cheese. Bake the pizza for 25-30 minutes or until the cheese is all melty and gooey. Remove from the oven and top with crispy sage (below) and roasted pumpkin seeds. EAT while melty and delicious!

#### **Crispy Sage**

Heat a small skillet over medium heat and add about 1/2 inch of olive oil. Once hot, add the sage leaves and cook 30 seconds per side. Remove from the pan and set aside. Serve over the pizza.