



Weekly Newsletter

Volume 11 Issue 14

Sept. 6, 2021

In the Box

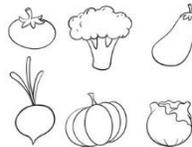
Lettuce
Napa Cabbage
Cilantro
Kale
Sweet Peppers
Hot Peppers*
Tomatillos
Cherry & Main Tomatoes
Eggplant
Garlic
Cucumbers
Zucchini
Yellow & Red Onions
Potatoes
Corn
Winter Squash – Kabocha,
Delicata, & Spaghetti

*Biggie chili, griller hybrid, garden salsa, poblano (mild); Jalapeno, Burning Bush (med.); Lemon Drop, Red Ember, Chenzo (hot)

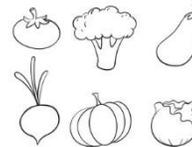
Around the Farm

This past week, we transplanted bok choy and tatsoi into 2 inch soil blocks. They have been moved from the grow room to the growing greenhouse with the hope they get big enough to plant next week and be ready for the last box at the end of September. We started preparing for planting garlic—it's a tricky crop because it is very important to rotate it and not plant it in the same place for three years. It has to be planted in a gopher wired row. Many of our rows that have gopher wire buried about 12 inches deep are aging and the wire is worn out. So, we are working on the most efficient way to replace the wire.

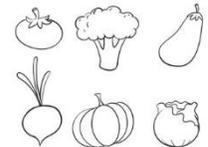
This is the third year we have tried growing potatoes in large plastic wire compost bins (4 feet in diameter and height). The premise is that the potatoes have a deep space to grow MANY potatoes. Um.....no. The output has been mediocre despite trying many different ways to bury the potato plants. Farming is all about testing and improving, testing and improving.



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About Spaghetti Squash

Spaghetti squash is a yellow-orange or green striped vegetable harvested in early fall. When cooked, the inside of the squash can be shredded into long, thin strands similar to angel hair noodles, and can be used in comparable ways. While a cup of spaghetti pasta has around 200 calories, a cup of spaghetti squash has around 30 calories, according to the USDA.

Spaghetti squash doesn't necessarily taste like pasta, but when covered in tomato sauce, made into lasagna or transformed into pad Thai, it makes a healthy substitute. It has a delicate, al dente texture and a milder flavor than most squash, making it a good base for hearty sauces. It goes particularly well with these ingredients: tomatoes and tomato sauce, parmesan or other cheese, garlic and onions, basil and thyme, bell peppers, carrots, mushrooms, vinegar such as balsamic, sherry, red or white wine vinegar.



Recipe Corner

Cutting and Preparing Spaghetti Squash

1. To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. Use a very sharp chef's knife to cut off the tip-top and very bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.
3. Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash, naturally!
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.
6. From <https://cookieandkate.com/how-to-cook-spaghetti-squash/>

Italian Spaghetti Squash

1 spaghetti squash, baked and fluffed per above directions

½ lb. ground sausage

Chopped onion and green pepper to taste

Minced garlic to taste

½ c. tomato sauce

Salt and pepper to taste

½ c. of shredded mozzarella (or more)

Grated parmesan cheese

Brown the sausage, onion, green pepper and garlic. Add tomato sauce and salt and pepper to taste—maybe a little oregano, too. If you like heat, throw in one of the hot peppers from the box. Divide the sausage mixture up between the two spaghetti squash halves. Leave the spaghetti squash strands on the bottom or mix with the sausage mixture. Top with mozzarella and parmesan cheese. Bake at 375 degrees until cheese is melted and a little brown—could put it under the broiler instead.

Thank you for returning your empty box on next week's delivery day.

