



Weekly Newsletter

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In the Box

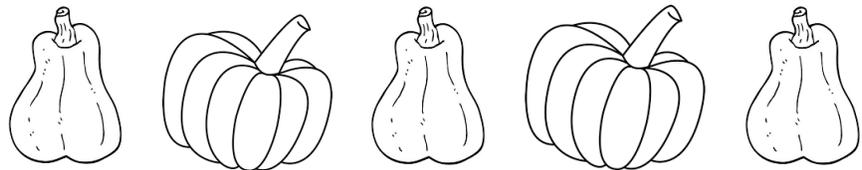
Green Beans
Tomatoes
Eggplant
Lettuce
Green Onions
Tatsoi
Kale
Parsley
Bok Choy
Tomatillos
Sweet Peppers
Summer Squash
Garlic
Cucumbers
Yellow Onions
Fingerling Potatoes
Spicy/Hot Peppers*

*Mild peppers-garden salsa, griller hybrid, biggie chili, mad hatter, trident, shitaki
Medium-jalapeno, red ember
Hot - chenzo

Around the Farm

We started harvesting winter squash a little earlier than usual—we use to wait for the vines to die which is later in the season. With some research, we find that these squash are ripe and can be harvested before that happens. This past week, we planted a round of broccoli, cabbage, and lettuce—it is always a gamble to see if this makes up for the last box in September. Cucumbers, eggplant, tomatillos, and summer squash are still prolific--PLEASE let us know if you would like to decrease the amount of any of those vegetables—we share what we produce and sometimes the amounts can be a bit overwhelming.

Sweet peppers are also doing very well. If you have too many, why not freeze them? Just cut them into the size pieces you would like, shake a little oil on them, and sear them in a 500 degree oven for 2-3 minutes. Then, freeze. And, finally, our 'globe' eggplant is also doing very well. Some of you have received these in past weeks—more of you will get them this week. These need different preparation than the Asian eggplant, so hopefully, you are up for a food prep challenge. If you would like more globe or do not want any, please let us know.



Winter Squash

We grow a variety of winter squash including several types of acorn, spaghetti, kabocha, delicata, and butternut squash. These squash are best stored in a cool, dry place and are usually good up to 2 ½ months after harvest. Most winter squash contain high levels of vitamin A, are a good source of vitamin C, fiber, and antioxidant and anti-inflammatory compounds. They are lower in calories than potatoes or rice. Cutting through the hard skin can be challenging. We pierce the whole squash and put it in the microwave on high for a few minutes to soften it before cutting it. A damp towel under the cutting board keeps the board from sliding.

Fresh Eggs Delivered with Your Veggies

The Spotted Frog Farm is offering fresh, organic eggs that can be delivered with your box. Ordering is easy – go to their website at <https://spottedfrogfarm.com/eggs> and complete the order form with a check mark for Bush Prairie Farm.

Recipe Corner

Spaghetti Squash (from <https://cookieandkate.com/how-to-cook-spaghetti-squash/>)

- Cut the spaghetti squash in half from the stem end to the base.
- Scoop out the seeds.
- Preheat oven to 400 degrees and line a large, rimmed baking sheet with parchment paper (or vegetable oil)
- Rub the inside lightly with olive oil, and roast it cut-side down on a baking sheet.
- Bake for 40 to 60 minutes, until the cut sides are turning golden and the interior is easily pierced through with a fork. Small squash will be done sooner than large squash.
- Once the squash is done baking, fluff the interior with a fork to make the insides spaghetti-like.
- Here are other ingredients that pair nicely with the squash: tomatoes or marinara sauce, parmesan, garlic, onions, bell peppers, carrots, mushrooms and/or balsamic vinegar.

Our favorite spaghetti squash dish:

- Prepare squash as above.
- Brown chopped onions, garlic, and bell peppers in a skillet
- Brown ½ lb. ground beef or sausage with the vegetables
- Add tomatoes or marinara sauce to the vegetables and meat
- Add herbs (parsley, basil, oregano, etc.) and salt and pepper to taste
- Gently scoop the spaghetti squash into the skillet with the sauce and stir only to mix
- Put the meat sauce and squash mix back in the squash 'bowls'
- Top with parmesan cheese and put under the broiler to brown the cheese

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

