



Towne's Harvest Newsletter

September 11, 2007 Week 12

This week's share includes...

Tomatoes
Eggplant
Summer Squash
Leeks
Cucumbers
Buttercup Squash
Hot Peppers (jalapeno and cayenne)
Sage

Sweet Peppers
Potatoes
Sweet Onions
Corn
Kohlrabi
Spaghetti Squash

Healthy Tidbits...

Winter squash contains a variety of nutrients. It is an excellent source of vitamin A, a good source of vitamin C, potassium, dietary fiber, manganese, folate, omega-3 fatty acids, vitamin B1, copper, vitamin B6, niacin, vitamin B3 and pantothenic acid.

Found at <http://whfoods.org/genpage.php?tname=foodspice&dbid=63>



Notes from the Field

The buttercup squash (the green one) is dry after harvesting. It should be stored in a cool, dry place for a few weeks for the sweeter flavor to develop. The spaghetti squash can be eaten immediately if you would like.

Next week is our last week of CSA pick up and it will contain the largest volume of food. Please bring plenty of extra sacks next week because you will receive a number of storage vegetables like winter squash, potatoes and onions. We look forward to seeing you next week for the last pick up. We hope you have enjoyed the season.

Recipes

SPAGHETTI SQUASH WITH TOMATOES

*1 spaghetti squash (about 1 1/2 pounds)
1 medium onion, chopped (about 1/2 cup)
1 small green pepper, chopped (about 1/2 cup)
1 large clove garlic, finely chopped
2 Tbs olive or vegetable oil
4 medium tomatoes, chopped (about 4 cups)
1/2 tsp salt
1/4 tsp dried oregano leaves
1/4 tsp dried basil leaves
1/4 tsp fennel seed
1/8 tsp pepper
2 Tbs butter
1/4 cup Parmesan cheese*

- 1. Wash squash then pierce in several places to allow steam to escape. Place on a paper towel and microwave uncovered for 18-23 minutes, turning squash over every 8 minutes, until tender. Let stand uncovered for 10 minutes.*
- 2. Cook onion, green pepper and garlic in oil in 3-quart saucepan over medium heat about 5 minutes, stirring occasionally, until onion is tender. Stir in tomatoes, salt, oregano, basil, fennel and pepper. Simmer uncovered, stirring occasionally, 5 minutes.*
- 3. Cut squash in half; remove seeds and fibrous strings. Remove squash strands with two forks; toss with butter and cheese. Spoon tomato mixture over squash.*

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