

September 26, 2019

Willie Nillie Farm

CSA Newsletter

“All life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly.-Martin Luther King Jr.

FARM HAPPENINGS:

Dear members:

Working a bit at a time to scythe the prairie area where people will congregate for the Harvest Festival which will also provide my garden, especially the garlic, with some nice over-winter mulch. I'm cutting it, letting it lay till it dries and then I will rake it up and move it for later.

This week I finally planted my rootstock apple and pear trees I ordered last spring with help from my friend and coworker Heather. Fingers crossed all survive winter. In late winter I hope to graft them with other delicious varieties. I also starting chainsawing wood for winter. A bit late like usual, but building stock for future years and having the goal now, of filling that bit wood shed.

If anyone is interested in helping me take down the hoop house and roll up the plastic to store for winter, let me know. Something I'd like to do in the next month or so. I won't be getting to building end wall on it this season to help brace it from future massive winds, so I want to tuck it away in a tarp, safe and sound from more damage over winter.

This is the last week for green beans, cucumbers and I will be digging up the last of my potatoes to see what's left. We may have more cherry tomatoes, but they are scarce.

Box of the Week

Featuring: Spaghetti Squash

Summer Squash

Apples

Roma Tomatoes

Garlic: German

Salad Mix

Eggplant or Cucumber

Tomatillos or Cherry Tomatoes

Potatoes

Green Beans

Rumba Carrots

Mini Cabbage

Green Onion

This weeks feature is spaghetti squash. Most people use this variety to make spaghetti noodles, but there are many other ways it can be utilized. As I'm harvesting the winter squash pretty much as I'm delivering it to you right now, it is not cured for storage. If you aren't going to use them right away, put it in a sunny window or other open-air dry, but warm place and let it cure for a few weeks. This will allow it to keep better. Spaghetti squashes, however, are not known for storage so I would say you'd want to eat it within the next few months. If wanting to save other varieties of squash we give you, make sure you store them in a cool, dry place with 50-70 percent humidity. Store on a rack or shelf, but not on the floor. Best is to keep them from touching each other and to check them often and eat or compost one's that are going bad.

Bingo Veggie

Blackberries

Burrito Spaghetti Squash Boats

Yields 2

1 medium squash, halved and seeds removed
1 TB oil or butter
salt
1/2 tsp chili powder
1/2 tsp cumin

FILLING:

1 TB oil
1/2 onion, chopped
2 gloves of garlic, minced
1 pound ground beef or substitute
1 TB taco seasoning
salt and pepper to taste
1 (15oz) can black beans, drained and rinsed
1 1/2 cups chopped roma tomatoes
1 cup corn
1 cup shredded Monterey Jack cheese
1/2 Cup shredded cheddar
2 TB cilantro, chopped (garnish, optional)

Preheat oven to 400. Drizzle cut sides of squash with oil and season with salt, chili powder and cumin. Place, cut side down on a large, rimmed baking sheet and roast until tender 30-35 min. Let cool slightly and then using a fork, break up squash strands.

In a large skillet, heat oil. Add onion and cook until soft. Add Garlic and cook 1 min. Add beef and cook until no longer pink. Drain fat. Stir in taco seasoning, salt and pepper to taste, black beans, tomato and corn.

Fill squash with filling and top with cheeses. Put back in oven to melt cheese about 5 min and garnish with cilantro.

Don't like burritos? Make the filling your own. The possibilities are endless!

Spaghetti Squash Chow Mein

Servings: 2

1 (3 pound) spaghetti squash, halved, seeds removed, cooked at 400 for 30 min.

1 tsp oil

1 onion, chopped

3 stalks celery, chopped

2 large carrots, chopped

1 clove garlic, chopped

3-4 TB tamari

1 tsp maple syrup(optional)

salt to taste

1 cup fresh baby spinach

2 green onions, chopped

1 TB fresh ginger, minced

After squash is cooked and slightly cool, using a fork, shred the flesh into noodles and set aside.

Heat oil in a pan and saute the onion, celery and carrots until they are crisp, but tender. About 8 min.

Use a splash of water, if needed, to prevent sticking. Add garlic and ginger and stir for a minute more.

Once veggies are cooked to your liking, add in tamari, maple syrup and noodles. Toss well to heat everything thoroughly and adjust seasoning as desired. Add fresh spinach at the very end as it will wilt quickly. Then serve warm with a garnish of chopped green onions.

Recipe is Gluten-free, vegan, paleo, nut free **add a favorite protein if you like**

Baked Apple Cups

1 1/2 sheets frozen puff pastry

2TB melted butter

2 tsp sugar

3 apples, cored and thinly sliced

2 TB plus 1 tsp brown sugar

1/2 tsp cinnamon

1/8 tsp nutmeg

2 tsp lemon juice

1 tsp zested lemon rind

Preheat oven to 350.

Thaw puff pastry and cut into six pieces. Brush with melted butter and place into greased 6 1 cup muffin tins. Sprinkle pastry with refined sugar. Combine remaining ingredients reserving 1 tsp brown sugar. Divide between tins and sprinkle with remaining brown sugar. Bake 25-30 min or until pastry is golden. Serve with ice cream, whip cream or yogurt.

For extra panache, add nuts, crumble topping and more. If gluten free, you'll need to probably make your own pastry. Good recipe to try is at fearlessdining.com

