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Box #13
Odd Week
23 September 2020

Contents
Beets: Red
Cauliflower: Mixed Types
Kale: **Green Curly—Family Shares Only**
Madeley--Couple Shares Only
Lettuce: Green Leaf
Peppers: Bell, Hungarian Hot Wax, Jalapeno
Spaghetti Squash
Tomatoes: Juliets, Slicers
Zucchini: Family Shares Only

New Stuff: spaghetti squash
Choice Box: peppers, tomatoes, ??

Spaghetti squash is a light yellow, oval, mild-tasting, winter squash which has flesh that comes apart in short, tender strings. It will store in cool (50-55 degrees), dry conditions for about a month or two, but not much longer.
Check the skin before storing winter squash: if there are any holes, blemishes or soft spots, plan to use that squash soon and cut out the soft spots first. Winter squash contains far more vitamin A than summer squash, is an excellent source of potassium, high in fiber and complex carbohydrates.
The best way to bake winter squash is to wash the outside, cut off the stem, then cut the squash in half. Set your oven at 400 degrees, line a half-sheet pan with aluminum foil to make cleanup easier, and place the squash on the foil, cut side down. **Do not remove the seeds** yet—they give the roasted squash more flavor. Bake for 30-60 minutes, or until the squash is soft when you poke it with your finger. Remove from the oven, flip them over and scoop out the seeds using a large spoon. Because this is spaghetti squash, switch to a fork and scrape the flesh out of the spaghetti squash to encourage the presence of those thick, tender strings. Drizzle melted butter, sprinkle salt and pepper on it, and some grated cheese and enjoy! Folks often serve spaghetti squash with tomato sauce, but the more robust tomato tends to overpower this squash's flavor. Try this simple sauce instead:
Bake a spaghetti squash using the directions above. When it's done, get these ingredients ready:
In a small bowl, melt: **4 oz. butter**
Into another container or onto wax paper, grate:
4 oz. Parmigiano-Reggiano
(This is the recipe you want to use authentic P-R cheese in, so splurge.)
Warm a large bowl—you want to keep the squash hot. Flip the cooked squash over and remove the seeds. Using a fork, scrape the flesh into the warm bowl. Drizzle the butter over the squash and toss just to coat. Add the Parmigiano-Reggiano in handfuls and toss briefly after each handful. Grind some **pepper** over it all, add a sprinkle of **salt**, toss and serve.
You just made a classic Alfredo sauce. Yes. Fettuccine Alfredo was created by Alfredo di Lelio, a restaurant owner, who was trying to tempt the appetite of his pregnant wife. It is as simple as hot fettuccine, some of the pasta water the fettuccine was cooked in, butter and freshly-grated Parmigiano-Reggiano cheese, salt and pepper. It is quick and simple to put together, and, with quality ingredients, delicious. The Maître d' performed this dish tableside, and it became a staple in Italian restaurants.

Madeley kale is a brand new variety for us. It produces a very large, flat leaf with a long, light purple stem. We had to break off half the stem in order to ensure the bunches would fit into the boxes. Remove the stem before using. Adaptive Seeds proclaims it "hardy, tender and sweet." Sounds good to us. What do you think?
Real Simple has a number of excellent kale recipes. This is one from Real Simple that one of our CSA members sent us. Chuck and I love this one. You'll need to buy a jar of tahini, unless you already have one.

Kale & Lentils with Tahini Sauce
In a small saucepan, put:
2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander
-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.
While the lentils are cooking, whisk together in a large bowl: **2 Tbsp. tahini**
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper
When the lentils are done, whisk **2-3 Tbsp**. of the remaining **water** in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.
Into a skillet, put:
¼ cup water

1 bunch kale, washed, center rib removed and sliced into thin strips

-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

The new beet patch will be giving us beets for at least another week or more, plus there's another one for backup. Look up some new beet recipes, and sent one to me!

Field Notes

We've been loving this cooler weather, altho this week's warm-up is wonderful too.

Saturday morning was downright cold. 32 degrees and frost everywhere. Chuck, canny farmer that he is, covered all the tender plants, tomatoes, peppers, zucchini and green beans, with row cover, a lightweight, polyester fabric we use for just such events. Everything made it thru with flying colors. Even the mosquitoes, sadly.

Chuck is going to take a chance on one more bed of lettuce. His plan is to plant the bed, set up wire hoops over the top, then row cover on the hoops. This will create a mini greenhouse inside which the lettuce will grow big enough, hopefully, to put into your last few boxes. Fingers crossed.

This is also the time of year when Chuck goes thru his garlic and decides how much he will plant for next season. The rest goes into your boxes, is sold at the West Bend Farmer's Market, or thru our wholesale accounts. Chuck decided to increase the amount he plants, so we'll have less for wholesale and the farmer's market. I trust the ground will be drier this year than it was last—what a sloppy, mucky mess that was! But what great garlic we grew from it.

And that's all from me for this week. Eat well, be well, stay well.

TERRY & CHUCK