

Otter Hook Farms

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Traditional Family Farming



Week of October 6, 2009, Harvest Week 18

This week's share includes: Potatoes, Sweet Onions, Spaghetti Squash, Mustard Greens and Arugula

Next week should have: Potatoes, Winter Squash, Onions, Turnips and two kinds of greens

This week has been spent digging more potatoes (only a little more to go!), brush hogging, harvesting the remainder of the winter squash, and cooking up lots of nice warm soups with our harvests. Mary, our summer's intern, came for a visit on Friday, and we took a walk to show her the changes from the last five weeks – I think she was surprised to see how nice and big the greens and other fall crops look – they had just sprouted when she left. You'll be enjoying some of those nice greens this week! With the greens, arugula included, if they are too bitter for raw eating, try wilting in a sauté pan with a little olive oil. Garnish with some lemon or garlic (or both). Cooking tempers the spiciness of these cool weather greens.

I hope that everyone has been able to enjoy the beautiful fall weather. We were picking up potatoes in a cloudy mist on Friday. The clouds broke, the sky turned blue, and the sun lit up the vibrant greens and reds of the mustards against the beautiful rich brown of the garden soil. The golds, oranges, and dark fall greens of the trees contrasted in the most spectacular way with the blue of the sky, and I felt as though I were in a painting. We are so blessed to live in such a beautiful place and to work outside and be truly connected with it.

Several weeks ago I wrote about the Regional Farm and Food Project and mentioned that they are setting up Kitchen Culture Workshops aimed at helping our local communities feed themselves. There are classes scheduled every Saturday from now through the end of November, including classes on whole grain cookery and lactic fermentation that will be led by our shareholder and friend Louise Frazier. She let me know that she is also interested in scheduling more dates, and if we can find a group of interested participants she'd like to host a class in someone's home - maybe a whole-grain cookery class before Thanksgiving for some new and interesting ideas for stuffing your turkey (or squash). Please let me know if you would be interested in hosting or participating in such a class, as I would love to set one up but our home is rather small for hosting. The RFFP's website is www.farmandfood.org, and the kitchen culture workshops are listed on their programs page.

The following notes and recipe were passed on to us by Betty and John Nickles. They tell us they enjoyed this pie very much, and thought others would be interested in the notes about Spaghetti squash.

Spaghetti squash, a novel cucurbit which is just beginning to fascinate cooks, is frequently described as "vegetable spaghetti." This squash is easily grown and lends itself very well to some appetizing dishes because it adapts well to most traditional pasta recipes. Its fibrous consistency provides a product which roughly resembles true spaghetti or pasta. Vegetable spaghetti has one very decided advantage over pasta. It has a very low caloric value and, as such, is a weight watcher's dream.

The spaghetti is easily prepared. Boil whole about thirty minutes or bake at 350° - 375°F until the skin begins to give. I prefer baking – Use shallow pan and prick all over with a skewer or knife. Baking may take an hour or more, depending upon the size. Halve squash lengthwise and remove the seeds. Fluff up the fibrous content with a fork, until it resembles strands of spaghetti.

Remove strands using 2 forks. Spoon sauce or fillings onto spaghetti; return to oven and heat thoroughly. Spaghetti also may be removed from the shell and layered in a casserole, if preferred.

Spaghetti Squash pie

4 cups Spaghetti Squash, cooked

1 8-ounce can tomato sauce

1 tablespoon tomato paste (or more, as needed)

1/2 cup grated Romano cheese

*1/2 pound ground meat (I'm sure a cup of cooked lentils would substitute well*SK)*

1 9-inch pie crust (or refrigerated crescent rolls made into "pie crust")

2 eggs

Pinch oregano

Salt and pepper

Mix cooked spaghetti squash with tomato sauce, tomato paste, cheese, and cooked ground meat. Place in pie shell. Beat eggs and fold into squash mixture. Add seasonings. Bake at 350°F for 25 minutes or longer, until set. Cool 10 minutes before cutting. Serves 4.

Source: Adapted from Ralston, Nancy C. and Marynor Jordan: Gardenway's Zucchini Cookbook (Charlotte, VT: Gardenway Publishing, 1977) pp.118 & 120.

Notes: First made 9/13/09. Excellent flavor. Used crescent roll crust. Cooked for 1 hour+ - possibly squeeze squash to remove excess water.