



The Daisy News

Crazy Daisy CSA Farm

October 6, 2015

Well it's finally happened, the first light frost has hit, followed by nights that have been consistently cold. Crops simply can't grow when the nights drop into the 40's, so sadly, we are wrapping up our 2015 harvest season. **Our final harvest will be next Tuesday September 13.** We have loads of potatoes, squash, some carrots, some Brussels sprouts, greens, tomatoes and a few other odds and ends to fill it out.

The spaghetti squash was crazy this year, so we're featuring yet another recipe to help you enjoy this unusual gourd!

This Week's Basket May Contain:

Brussels sprouts
Buttercup squash
Butternut squash
Spaghetti squash
Carnival squash
Acorn squash
Potatoes
Tomatoes
Cherry tomatoes

Carrots
Bok choy
Kale

In the Extra's Rack or by Request:

Tomatillos
Pumpkin
Collard greens
Hot peppers
Eggplant
Tons of slightly blemished tomatoes- they just keep coming!

Italian Turkey and Spaghetti Squash Pie

Weight Watchers Recipe

Cooked spaghetti squash makes an excellent substitute for regular pasta. If you don't have time to bake the squash, cook it in the microwave.

Ingredients

1 medium uncooked spaghetti squash
1/2 pound(s) uncooked ground turkey breast
2 tsp olive oil
1 small uncooked onion(s), chopped
1 clove(s) (medium) garlic clove(s), minced
29 oz canned diced tomatoes, undrained
1 tsp Italian seasoning, or more to taste
6 oz fat-free ricotta cheese
1 large egg(s)
1 spray(s) cooking spray, nonstick
1/2 cup(s) shredded fat free mozzarella cheese

Instructions

Preheat oven to 350°F. Halve squash lengthwise; scoop out seeds. Place squash, cut sides down, in a large baking dish and prick skin all over with a fork. Bake until tender, about 30 to 40 minutes. Set aside to cool.

Meanwhile, cook turkey, stirring occasionally, in a nonstick skillet over medium-high heat until browned, about 5 minutes. Drain, remove from skillet and set aside.

In a same skillet, heat oil over medium-high heat. Add onion and garlic; saute until onion is tender, about 5 minutes. Stir in tomatoes and Italian seasoning; bring to a boil. Reduce heat; add cooked turkey and simmer, stirring often, until desired consistency, about 5 minutes.

Place ricotta and egg in a food processor or blender; puree until smooth.

Coat a 9-inch glass pie plate with cooking spray. Remove squash from oven and increase oven temperature to 375°F.

Using a fork, carefully rake stringy squash pulp from shell, separating it into strands that look like spaghetti. Arrange spaghetti squash strands in bottom and up sides of pie plate to form a crust.

Add ricotta cheese mixture and gently spread over squash. Pour tomato-turkey sauce over cheese mixture and sprinkle with mozzarella. Bake for 20 minutes. Remove from oven and let stand 5 minutes before slicing.

Notes

For the best results, drain any liquid from the squash before assembling the pie.

crazydaisycsa@gmail.com

www.crazydaisycsa.com