



The Daisy News

Crazy Daisy CSA Farm

September 22, 2015

More squash and potatoes are on their way, along with plenty of tomatoes! We're featuring another spaghetti squash recipe this week, because, yes, we have more spaghetti squash on the way. Don't get too overwhelmed though, spaghetti squash does keep well so you don't have to use it right away. The raw gourd will keep for 1-3 months in the pantry. Or cook it and freeze the flesh, that will keep for up to 8 months!

We also have Brussels sprouts coming in. It was not a fantastic year for them so they don't look perfect. I nipped off some rough looking buds but be sure to go through and clean them up as you take them off the stalk. Remove any icky looking outer leaves, and throw out any buds that aren't good. My favorite way to prepare Brussels sprouts is roasted in the oven and tossed with toasted nuts, yum!

This Week's Basket May Contain:

Muskmelon

Watermelon

Brussels sprouts

Spaghetti squash

Carnival squash
Acorn squash
Butternut squash
Potatoes
Tomatoes
Cherry tomatoes
Carrots
Bok choy
Kale
Tatsoi

In the Extra's Rack or by Request:

Tomatillos
Pumpkin
Beets
Collard greens
Tatsoi
Hot peppers
Asian eggplant
Slicing cucumbers
Possibly ripe watermelon
Tons of slightly blemished tomatoes- I swear they taste just as good! Use them to make Tracy Potter's roasted tomato soup, it's amazing!

Spaghetti Squash Primavera

Recipe By:Joanna Childs Mondragon

"This is my version of a recipe that came with my weekly produce basket, which contained several of the ingredients in the recipe. I made a few changes to suit my tastes, and the results were delicious! It makes a great vegetarian main course, or a nice accompaniment to a meat entree."

Ingredients

1 spaghetti squash
2 tablespoons extra-virgin olive oil
1 onion, chopped

1 large clove garlic, minced
1 large zucchini, cut into bite-size pieces
1 green bell pepper, chopped
1 tablespoon dried Italian herb seasoning
fresh ground black pepper, to taste
1 1/2 cups chopped tomato
3/4 cup crumbled feta cheese

Directions

Pierce the shell of the spaghetti squash with a fork and place in a microwave-safe dish; cook in microwave on High for 12 minutes. Set aside to cool until cool enough to handle. Slice in half lengthwise; remove the seeds. Use a fork to pull the flesh of the squash away from the shell and place into a large bowl; fluff with the fork to separate the strands as much as possible.

Heat the olive oil in a large skillet over medium heat. Cook and stir the onion in the hot oil until just tender, about 3 minutes. Add the garlic and continue cooking and stirring another 3 minutes. Stir the zucchini and green bell pepper into the mixture; season with the Italian herb seasoning and black pepper. Pour the tomatoes into the skillet. Continue cooking just until the tomatoes are warmed, 3 to 5 minutes. Add the squash to the skillet and toss until evenly mixed. Sprinkle with the feta cheese and toss again to serve.

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Printed From Allrecipes.com 9/20/2015

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crazydaisycsa@gmail.com

www.crazydaisycsa.com