



# The Daisy News

Crazy Daisy CSA Farm

September 8, 2015

Since the tomatoes are so plentiful lately I thought I give a primer on what we're growing this year.

The colorful cherry tomatoes you've been receiving are heirloom types, the white ones are ripe when they have a yellowish tinge, same with the green ones, they're still green, but a yellow blush will appear. If you have several in your bag you can compare them and see which are more ripe, it's obvious when they're side by side. I think the purple ones are the tastiest, but they're also super sensitive so they split easily.

*Be sure to wash the cherry tomatoes, there are a ton of them and I didn't get to wash them as well as I like.*

You'll also notice some damage on the tomatoes, mostly the large ones. The black spots are called bacterial spot. It happens when the weather is cool and wet when the plants are growing, not much you can do about it, but luckily it's just skin-deep and the fruit is still good to eat.

The cracks you find around the tops of the tomatoes are caused by moisture and temperature fluctuations. Again, not much we can do about it, and again, they're still good to eat. You'll find a lot more cracks on the really tasty heirloom

types simply because they were bred for flavor and not for appearance.

If the tomatoes you get in your basket are not ripe enough for you. You can leave them out on the counter for a few days and they will ripen beautifully. Same goes for any extras you might pick up.

I hope you're enjoying this uniquely summer treat! It seems you can never find tomatoes like this at any other time of the year.

**This Week's Basket May Contain:**

Muskmelon  
Watermelon  
Spaghetti squash  
Carnival squash  
Potatoes  
Tomatoes  
Cherry tomatoes  
Cucumbers  
Zucchini  
Carrots  
Bok choy  
Kale  
Tatsoi

**In the Extra's Rack or by Request:**

Tomatillos  
Spaghetti squash  
Collard greens  
Tatsoi  
Hot peppers  
Asian eggplant  
Pickling cucumbers  
Slicing cucumbers  
Possibly ripe watermelon  
Split melons-perfectly ripe and ready to eat today!

# Baked Spaghetti Squash with Beef and Veggies

Since you all got spaghetti squash last week, and a few of you are getting it again, I thought I'd feature a recipe for it!

Recipe By:ROBYN050501

"Baked spaghetti squash, peppers, and onions are mixed with beef and cheese in this delicious casserole."

## Ingredients

1 spaghetti squash, halved and seeded  
1 pound ground beef  
1/2 cup diced green bell pepper  
1/2 cup diced red bell pepper  
1/4 cup diced red onion  
1 clove garlic, chopped  
1 (14.5 ounce) can Italian-style diced tomatoes, drained  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
2 1/4 cups shredded sharp Cheddar cheese

## Directions:

Preheat oven to 375 degrees F.

Place squash on a baking sheet, and bake 40 minutes, or until tender. Remove from heat, cool, and shred pulp with a fork.

Reduce oven temperature to 350 degrees F. Lightly grease a casserole dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain, and mix in the green pepper, red pepper, red onion, and garlic. Continue to cook and stir until vegetables are tender.

Mix the shredded squash and tomatoes into the skillet, and season with oregano, basil, salt, and pepper. Cook and stir until heated through.

Remove skillet from heat, and mix in 2 cups cheese until melted. Transfer to

the prepared casserole dish.

Bake 25 minutes in the preheated oven. Sprinkle with remaining cheese, and continue baking 5 minutes, until cheese is melted.

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