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WEEK 24

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ONIONS

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DRAGON TONGUE BEANS

HALF-RUNNER STRING BEANS

OKRA

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I learned to sew at a young age. Even though I didn't particularly enjoy it, it's what we did when we wanted a new dress or skirt. My mother made my wedding dress. As a young child, my grandmother and mother made their own patterns for our little dresses. It was part of our culture to wear handmade clothes. Similarly, we canned and put up a lot of vegetables during the summer.

In a recent Harvard Business Review article entitled "The Grocery Industry Confronts a New Problem: Only 10% of Americans Love to Cook", the author cites research that shows a steady decline in cooking from scratch and compares the decline in cooking at home to the decline in sewing. Over the past week, I have been talking to CSA members and others about home-cooking and "putting food by" - aka canning and freezing. My observation is that while folks know that eating locally grown food prepared in their own kitchens is really good, our lifestyles make it challenging to develop the new habit of preparing more meals at home. This is compounded by the high expectations we now have because we have watched a gourmet chef prepare a fabulous dish on the Food Network. The tips and recipes we offer in the newsletter are aimed at making it easier for you to use your weekly share of veggies. We are also happy to take your CSA 911 calls when you need a hand figuring out how to manage your surplus! Fortunately, many of the fall items will be storage vegetables that can last for weeks if kept in a cool, dry place.

Related to putting food by, as we near the end of the pepper season and you see more peppers in your share, you might want to freeze some for future use. Wash, seed, and chop into desired size. Pat the pieces dry and spread on a cookie sheet. Place in the freezer until frozen. Then, remove and put into ziplock freezer bags. For green beans, wash, string, and break them. Then, place in freezer bags. Or, blanch the green beans before freezing which means placing the broken beans in boiling water for 1-2 minutes; immediately put them in cold water. Drain well, pat them dry and freeze in freezer bags. Be sure to use freezer bags because they are thicker than regular plastic bags.

Heirloom Half-Runner Green Beans

This week's share includes half-runner beans. These are heirloom beans that we have been growing from seed that has been saved over twenty years. Unlike the beans you have received so far, these are *string* beans. Break the tips off both ends of the bean and pull the string that is attached to the tip. Then, break the beans into 3-4 pieces. There will be a few loose strings at the break, so be sure to pull those little strings off as well. It's one of our favorite beans, if not our favorite, and well worth the little bit of extra effort it takes to string them. We would love to have your feedback!

Moroccan Spiced Spaghetti Squash

I have unapologetically copied the below comments and recipe from Deb Perlmann's "SmittenKitchen" website. I am looking forward to trying this and think the addition of the chickpeas can make for a nice combination of textures. If the Moroccan spices don't appeal to you, follow the basic roasting instructions and go Italian with a nice pasta sauce of your choosing.

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"Cooking spaghetti squash in your microwave is super-quick, but roasting it isn't much more work – I've made it both ways and it works equally well. This works great as a side, but I tried something different this time and bulked it up with [canned chickpeas](#), drained and rinsed. We had it with couscous but if I had thought of it sooner, it would also be great with some sautéed greens".

Serves 4

1 (3 1/2- to 4-pound) spaghetti squash, 1/2 stick (4 tablespoons) unsalted butter, cut into pieces, 2 garlic cloves, minced, 1 teaspoon ground cumin, 1/2 teaspoon ground coriander, 1/8 teaspoon cayenne, 3/4 teaspoon salt, 2 tablespoons chopped fresh cilantro or flat-leaf parsley, if you're cilantro-averse

"To cook the squash in a microwave: Pierce squash (about an inch deep) all over with a small sharp knife to prevent bursting. Cook in an 800-watt microwave oven on high power (100 percent) for 6 to 7 minutes. Turn squash over and microwave until squash feels slightly soft when pressed, 8 to 10 minutes more. Cool squash for 5 minutes.

To roast the squash, two methods: If you'd like to roast the squash whole, pierce it all over with a small sharp knife to prevent bursting and bake it in a 375°F oven for one hour. If you are good with a big, sharp knife, you can save some time by cutting the squash in half lengthwise, scooping out the seeds and roasting the halves face-down in an oiled baking pan for about 40 minutes in a 375°F oven.

Meanwhile, melt the butter in a small saucepan over medium heat. Add the garlic and cook, stirring, until it is barely golden. Stir in spices and salt and remove from heat.

If you have microwaved or roasted your squash whole, carefully halve it lengthwise (it will give off a lot of steam) and remove the seeds.

Carefully halve squash lengthwise (it will give off steam) and remove and discard seeds. Working over a bowl, scrape squash flesh with a fork, loosening and separating strands as you remove it from skin. Toss with the spiced butter and cilantro".

Please mark you calendars for our CSA Fall Festival, Sunday, October 15th, 2:00-4:30. Note the earlier hours. Bring the family for an afternoon on the farm!

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