

Kettle Pond Farm Summer CSA

Week 14: September 10 & 13, 2012



"Gardening is a way of showing that you believe in tomorrow."
-Old Saying

Beneficial Insects @ KPF

Earlier this week I was picking cherry tomatoes in the hoop house and I saw not one, but two parasitized tomato horn worms. I captured one of these worms with the picture seen below. The horn worm can be very devastating to tomato plant foliage if not contained. In this picture you can see that the tachinid fly naturally lays its eggs on the worm. When they hatch, they burrow in and then eat their way out as they grow. It sounds disgusting, but as a farmer trying to encourage a healthy, diverse ecosystem it is encouraging to see!



This Week's Veggies

* Spaghetti Squash * Shallots * Kale or Chard * Carrots * Assorted Herbs *
* Eggplant * Tomatoes * Hot Peppers *

NEW VEGGIES

Spaghetti Squash

Spaghetti squash can range in color from ivory to yellow to orange. It can be boiled, baked, steamed or microwaved and is often used as a substitute for pasta because when it is cooked, the flesh falls away from the skin like noodles. For less waste, the seeds of the spaghetti squash can be roasted and eaten like pumpkin seeds, as well.

This season the spaghetti squash harvest was somewhat disappointing in terms of disease pressure and quantity. I look forward to a better harvest next year!

Shallots

Shallots have beautiful purple coloring, a delicate flavor, and are closely related to onions and garlic. It is no surprise that they are a delight to use in the kitchen and so much so that I would love to keep them all for myself! No worries though, I won't be doing that. Everyone will be taking some home this week! Unfortunately, this will be the only week they will be distributed as this year the shallot proved to be a favorite of the onion root maggot as well. In the beginning of the season, we were hit with this maggot, and thinking we would lose most of our onions was terrifying! Luckily, the shallots and mini onions took the brunt of the loss and the yellows, whites, and reds were okay. So enjoy the shallots that made it through the season and use them in place of onion or garlic to add some flavor to your favorite dishes.

Herbed Spaghetti Squash

<http://www.foodnetwork.com/recipes/emeril-lagasse/herbed-spaghetti-squash-recipe/index.html>

I'm not the biggest winter squash fan, but I'm trying to like it, so I made this dish for practice. It was actually pretty good, but I only casually followed the recipe. Instead, I cooked the squash for only 25 minutes, removed the seeds before cooking, and ignored the step using the skillet.

Ingredients

1 small spaghetti squash, about 2 1/4 pounds
2 1/2 tablespoons butter
2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley, sage
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions

Preheat the oven to 375 degrees F.

Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.

SERVES 4