



From Far Afield

A newsletter of the Tolstoy Farms CSA - September 9 & 12, 2015

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THERE ARE A LOT OF items in the boxes this week, 26 different items on the list. Maybe that's a record, though I cannot say for sure. I know it is a long list. And I know it was hard to fit everything in the boxes. In fact,

we couldn't fit everything, so the tomatoes are separate.

Corn is back in the boxes this week. This is probably the last week you will have corn in the boxes, so enjoy it.

Your winter squash this week is **Spaghetti squash**. Spaghetti Squash is different from other winter squash due to its texture. It has a stringy flesh which is typically steamed, boiled, or baked, then is scooped out and served with some sort of topping or sauce. I like, as with most winter squash, to cut it in half, scoop out the seeds, rub with a little oil, and bake cut side down in the oven before scooping out flesh.

Some of the early season crops are making a return with late season plantings, including, this week, **turnips and radishes**. We have a lot of later crops planted, so we are hoping that we will be able to do these sorts of additions to the box through the rest of the season. The timing of crops such as turnips and radishes are tricky. They do not like germinating or growing in very hot weather, but need to be planted during such weather, typically, to be able to produce late crops. Plant them too late, and they will not produce before the weather is so cold they are killed off. The balance seems to be working this year.

You have lots of **peppers** this week. You had an **poblano pepper** last week; that is the dark green, large flat pepper. It got in-

advertently de-listed when I was sizing the newsletter text boxes last week. The poblano is sometimes called an Ancho pepper, though ancho usually refers to dried poblanos. Ancho means wide in Spanish. Poblanos are usually roasted before being added to other foods. To do this, place under the broiler in the oven, or directly on a grill or open flame. Turn every couple of minutes until charred and soft, then put immediately into a plastic or paper bag to sweat for ten to twenty minutes. Rinse under a thin stream of cold water, then cut a slit in the side and remove the cluster of seeds and veins. Now it is ready to slice and use in salsas or other dishes. You also have a **Czech Black** pepper. This chile is a lot like jalapeno in flavor and texture, but milder. Hungarian Hot Wax, the longer green-to-yellow pepper is milder than the Czech Black, and can be used interchangeably with it or the jalapeno.

You have two different types of onions this week: One is a yellow keeper onion and the other is a Cipollini onion. The cipollini is either a red one or a yellow one. Cipollini onions have a sweet, mild flavor and are great for caramelizing and the best onions for roasting, due to their high sugar content.

Rosemary and parsley are your herbs. Enjoy your produce.

In Your Box

- 4 ears corn
- 2 pound Red Norland potato
- 1 Spaghetti squash
- 1 bunch turnips
- 1 bunch radishes
- 2 pounds tomatoes
- 1 eggplant
- Celery
- 1 bunch carrots
- 1 bunch red beets
- 1 yellow keeper onion
- 1 Cipollini onion
- 1 head garlic
- 1 lettuce
- 3 cucumber
- 1 pounds zucchini
- 1 patty pan squash
- Small bunch arugula
- 1 bunch kale
- 1 bunch parsley
- 1 bunch rosemary
- 1 sweet pepper
- 1 Jalapeno pepper
- 1 Hungarian Hot Wax pepper
- 1 Czech black pepper
- 1 poblano pepper

Enchilada Stuffed Spaghetti Squash

This recipe is (with slight alterations) from the website of our friend and local food/farm supporter Sylvia Fountaine. Check out her Amazing blog and recipes at feastingathome.com. And if you ever have the privilege of having her cook for you (She runs a catering business, Feast Catering Co.) you will not be disappointed. I know there is no cilantro in your boxes; we don't have any at our stand even. I usually avoid recipes that have produce not in your boxes, but this seemed such a good recipe

- 1-2 small spaghetti squash
- ½ onion diced (about 1 Cup diced)
- 1-2 T olive oil
- 3 cloves garlic- chopped
- 1 C fresh corn (one ear)
- 1 red bell pepper – diced
- 1 C cooked black beans (1 can riced and drained– or sub browned ground meat)
- 1 T chili powder
- 1 T cumin
- 1 T coriander
- 1-2 tsp fresh chopped jalapeño
- 1 tsp kosher salt
- 8 oz can tomato sauce
- ¼ C chopped cilantro, plus more for garnish
- 1/4 C shredded cheddar or Mexican cheese -per serving (optional)
- Other optional toppings: chopped avocado, hot sauce, sour cream

Pre-heat oven to 425 F

Cut spaghetti squash in half, and scrape out seeds. If cutting in half horizontally, create a stable base by slicing of a little of the ends, so they stand upright, creating a “bowl”(or fee free to cut vertically).

Place on a parchment lined or greased baking sheet, cut side faced down, and place in the hot oven for 40 minutes.

While they are roasting, make the filling.

Saute onion in a skillet with 1 -2 T olive oil, on medium high heat, stirring, for two minutes. Add garlic, turn heat to medium and sauté for 3-4 minutes until garlic becomes fragrant and golden. Turn heat to medium low, add jalapeno, corn and peppers, and stir occasionally for 5 minutes. Add beans, spices, salt and tomato sauce and bring to a simmer. Turn heat off and stir in cilantro. Mixture will seem salty, but remember you will be mixing this with under-seasoned spaghetti squash, so the salt will disappear.

When spaghetti squash is done, carefully, using a fork, fluff and stir the inside of the squash, scraping it from the sides. You will have enough filling for four halves or for two very hearty and mounded halves. Incorporate a little filling at a time, mixing it together with the spaghetti squash. If adding cheese, mix a little into the squash and black bean mixture and use the remaining for the top.(At this point you could refrigerate, and bake at a later time)

Rosemary

Herb of the Week

Rosemary is excellent with oven roasted potatoes. Rosemary is good with all meats and fish. It enhances the flavors of cheese , eggs, peas, spinach, squash, and tomatoes. In the combo sung of in the medieval era song (parsley, sage, rosemary, and thyme) it is great in lentil soup. It has a robust flavor which enhances subtle soups such as potato. Along with the above herbs, rosemary combines well with bay, chives, onions and garlic.

Cream sauces, salad dressings, and marinades all benefit from the presence of rosemary. Rosemary can be added to bread dough at 1 tablespoon per loaf, and, unexpectedly, is excellent with fruit. Rosemary added to fruit salads enhances the sweetness and flavor of the fruit, and I make a peach rosemary jam which is absolutely divine. You can also blend rosemary with olive oil in a blender until smooth and the add this fragrant and delicious oil to sauces, soups, sautés, or grilled foods. Kept in the fridge it keeps for a long time. Rosemary is also an easy herb to dry... it almost wants to dry itself. Hang it out of direct sunlight, then store when dry in an airtight container.

Rosemary Garlic Potatoes

- 2 lbs red potatoes, left whole if small, halved or quartered if large
- 8 cloves garlic, peeled
- 2 tablespoons extra virgin olive oil
- 1 tablespoon dried rosemary
- salt, preferably the coarse variety
- fresh ground pepper

1. Preheat oven to 400.
2. Place the potatoes and garlic in a shallow baking dish large enough to hold them in a single layer.
3. Drizzle with the oil and toss well to evenly coat.
4. Sprinkle with the rosemary, salt and freshly ground pepper.
5. Toss again.
6. Roast, uncovered, for 40-50 minutes, depending on size, turning halfway through cooking time, or until the potatoes are nicely browned and tender through the center.
7. Serve hot. Serves 6.