

THE GARDEN HERALD

Week 26 – Tuesday, October
30th



GREENMOORE GARDENS

Veggie Notes

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| * Cabbage (smooth or Napa) | * Kohlrabi |
| * Head lettuce | * Carrots |
| * Peppers | * Rutabaga |
| * Garlic | * Spicy Braising Greens |
| * Broccoli | * Spaghetti Squash |

Field News

I hope everyone is staying dry, warm and safe in the **Frankenstorm** we are having. The crew and I spent a lot of time on Monday rushing around the farm preparing for the high winds, and rain. Our small caterpillar tunnels are not quite tough enough to handle the extreme weather and we had to pull the plastic off of them, and pin it down with sandbags. We on the other hand are undaunted, and have harvested another great share for you.

This week you will find the perfect food to nourish you through a hurricane. Winter squash! It's name can be deceiving, since it is planted and grows during the summer months, but unlike summer squash and zucchini, we allow the fruit to ripen fully. This way it can develop a tough outer skin which will protect it from drying out long into the winter. Squash and pumpkins are one of my favorite vegetables to harvest, not least of all because it is usually a "one and done" harvest, unlike so many of the leafy greens, or summer vegetables. It is very satisfying to watch food pile up so rapidly. The spaghetti squash in your share this week is one of the more short term storage varieties, usually keeping reliably for a month or so, while acorn squash will last for two months, butternuts for five, and hubbards for about a decade.

See you on the farm,
Mark

Recipe

Moroccan Spiced Spaghetti Squash

(from epicurious.com)

Ingredients

- 1 1 (3 1/2- to 4-pound) spaghetti squash
- 2 1/2 stick (4 tablespoons) unsalted butter, cut into pieces
- 3 2 garlic cloves, minced
- 4 1 teaspoon ground cumin
- 5 1/2 teaspoon ground coriander
- 6 1/8 teaspoon cayenne
- 7 3/4 teaspoon salt
- 8 2 tablespoons chopped fresh cilantro

Directions: Preheat oven to 350 degrees. Pierce squash (about an inch deep) all over with a small sharp knife to prevent bursting. Roast squash in the oven for 1-1 1/4 hours.

Meanwhile, melt butter in a small heavy saucepan over moderately high heat. Add garlic and cook, stirring, until golden, about 1 minute. Stir in spices and salt and remove from heat.

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 spiced butter and cilantro.