

Week 16

October 18, 2010

locally grown with care~ your farmer

Stoney Meadow Farm 2010 CSA Newsletter

Something Delicious From The Garden: What might be in this week's share?*

~Winter Squash-Spaghetti Squash or Jamboree
~Potatoes
~Leek, Beets or Carrots

Thank You

My family and I would like to thank each and every one of you for sharing in this growing season. It has truly been a blessing to be able to get to know all of you. It's a wonderful feeling; growing things for people. To explain this a little, I'll tell you a sort of secret. At the top of your newsletters and on several other things we at Stoney Meadow Farm publish, you will find the tag line "locally grown with care, your farmer". When I was little my Granny used to sew and knit things for me and inside was always a little tag that said "Made with love by Granny". Which always made everything she made very, very special. Growing vegetables for us is like that. We put our hearts and hard work into growing food as safe for your family as possible and thus the tag..."locally grown with care, your farmer". Thank you and we hope you enjoyed your vegetables.

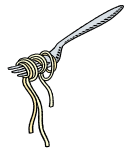
2011 CSA Sign Up

With this week's share you will be receiving a sign up sheet and brochure for next year. We will be continuing the returning member discount of \$50 off a full share and \$25 off a every other week or 1/2 share. The sign up sheet reflects that discount. We are adding a 1/2 share this upcoming year, which will have 16 deliveries with smaller portions of the full share. In an effort to make sure our members can hold their subscription spot, we will have a option for a non-refundable deposit of \$25 to hold the spot. Please note that there is a wait list for the Beans and Barley pick up site and the Mount Mary pick up site. If you are interested in signing up for next year, please consider the deposit option.

How To Cook Spaghetti Squash

Our spaghetti squash is quite ripened yet. If you wish, you can let it ripen a little more.

Bake It -- Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 375°F oven approximately 1 hour or until flesh is tender.



Boil It -- Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

Microwave It -- Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Add more cooking time if necessary. Let stand covered, for 5 minutes. With fork "comb" out the strands.

Slow Cooker or Crock-Pot - Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit. Add 2 cups of water to slow cooker. Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.

Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands.

Jamboree Squash

My brother in law was here from Australia when we were selecting some of our seeds and he recommended this blue squash. So we decided to try some. It's beautiful. It has a sweet orange flesh that is fine grained and compared to buttercup squash in flavor. Makes superb soups, stews and bakes and freezes well.