

**CSA
WEEKLY**

Week 20
2017

In The Box:

- Kale
- Squash: Butternut, Spaghetti, Acorn
- Sweet Potatoes
- Apples
- Tomatoes & Cherry Tomatoes
- Onions
- Potatoes
- Peppers: Bell, Banana, Jalapeno (hot), Carmen (sweet)
- Radishes
- Rhubarb

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IOWA DEPARTMENT OF AGRICULTURE & LAND STEWARDSHIP
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ALL AROUND THE FARM

It is here...the final week of the summer CSA!![Ⓢ] We hope you have enjoyed the produce we shared each week. Thank you for the encouragement you have shared with us along the way. We are always open to suggestions and comments so feel free share so we can improve for next year.

Though the summer CSA is over, the work is not! With all the rain lately, the potatoes are still waiting to be dug as well as preparation in the high tunnels for the spring spinach crop. Sadly, the spinach is not yet ready for this final week of the CSA, but rhubarb is making another appearance.

With all this chilly weather, I am thinking warm foods like soups, potatoes, and casseroles, etc with some greens on the side. See the quick, easy and WARM way to use your spaghetti squash with a few other ingredients provided in this week's CSA.

This week also marks the end of the Farmers Markets. We will be at the Covered Bridge festival in Winterset this weekend. They have a Farmers Market section as well as a large assortment of many other vendors....allowing a lot of Christmas shopping to be done! It is a large event with entertainment, and a variety of activities for all ages. Come check it out!

It doesn't have to end there though...you can still sign up for the Fall CSA this week. Though the pick up/delivery day may change for some areas, we are still making trips to each town weekly. Be sure to get your name on the list.

Thank you for your support this past summer in the CSA and at the Farmers Markets! We hope your family has been nourished toward a vibrant, healthy life. You are the reason we do what we do!

The Fall CSA starts the week of Oct. 16 and lasts for 4 weeks. Please get your registration in this week to continue to enjoy REAL food and all its benefits!

Thank you for supporting Good food and the farmers who grow it!!

-Food Tips-

Be sure to keep your kale in the crisper in the refrigerator. Store squash, onions, and potatoes in a cool, dark place and do not wash until ready to use. The fruits, peppers, radishes can go anywhere in the fridge but best in the crisper. Tomatoes on the counter.

Excerpt from an expert:

Michael Pollan, author of Food Rules

After 20 weeks of “rules” the final rule suggests something that may seem contrary:

Rule 64: “Break the rules once in a while. Obsessing over food rules is bad for your happiness, and probably for your health too. Our experience over the past few decades suggests that dieting and worrying too much about nutrition has made us no healthier or slimmer; cultivating a relaxed attitude toward food is important. There will be special occasions when you want to throw these rules out the window. All will not be lost (especially if you don’t throw out Rule 60 “Treat treats as treats”). What matters is not the special occasion but the everyday practice—the default habits that govern your eating on a typical day. “All things in moderation,” it is often said, but we should never forget the wise addendum, sometimes attributed to Oscar Wilde: “including moderation.” (page 139)

Recipe of the Week

Spaghetti Squash Casserole in the Shell (allrecipes.com)

- 1 spaghetti squash, halved and seeded
- 1 lb. lean ground beef
- $\frac{1}{2}$ c. finely chopped onion
- $\frac{1}{2}$ c. minced bell pepper
- 1 clove garlic
- 1 t. dried basil
- 1 t. dried oregano
- $\frac{1}{2}$ t. salt
- 2 c. diced tomatoes
- $\frac{1}{3}$ c. shredded cheddar cheese

Preheat oven 375 degrees. Place squash in baking pan, put in enough boiling water to come $\frac{1}{2}$ inch up the sides of dish. Bake in oven until tender, 40-45 min. Remove and cool until easily handled, 7-10 min.

Reduce oven to 350 degrees. Scoop out squash, separate strands with fork, reserve shells. Cook beef, onion, bell pepper, drain. Stir in spices, cook and stir until fragrant, 2 min. Add tomatoes and cook until warmed. Stir in squash, cook until liquid is evaporated, 10 min.

Fill squash shells with mixture using slotted spoon; place in shallow baking pan. Bake in oven until flavors combine, about 15 min. Sprinkle with cheddar cheese and bake until cheese is melted, about 5 min.

Serves 8-10 as side dish and 4-6 as a main dish.