

IN THE BAG

Potomac Vegetable Farms

August 31, 2009

Mini shares: spaghetti squash, sweet green peppers, tomatoes, green beans, garlic, a wisp of basil, Italian parsley

Regular: spaghetti squash, sweet green peppers, tomatoes, green beans, garlic, a wisp of basil, Italian parsley, okra

Robust: spaghetti squash, sweet green peppers, tomatoes, green beans, garlic, a wisp of basil, Italian parsley, okra, asian eggplant, cherry tomatoes

Spaghetti squash: here are some instructions: Spaghetti Squash can be stored at room temperature for about a month. After cutting, wrap in plastic wrap and refrigerate up to 2 days. Spaghetti squash also freezes well. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-using, then steam until tender but still firm, about 5 minutes.

How To Cook Spaghetti Squash

- **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. (See photos.) You can do these steps ahead of time, then prepare spaghetti squash recipes whenever the mood strikes.



"The flesh of spaghetti squash comes out in long strands, very much resembling the noodles for which it is named. In this recipe, the 'noodles' are tossed with vegetables and feta cheese. You can substitute different vegetables, but be sure to use ones that have contrasting colors."



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RECIPE RATING:



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PREP TIME **15 Min**

COOK TIME **30 Min**

READY IN **45 Min**

SERVINGS

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Servings

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INGREDIENTS ([Nutrition](#))

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

WHAT TO DRINK?



[Riesling](#)

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

Thanks to Marilyn Seiber for these two summer recipes. She says "The gazpacho is wonderful and surpasses the recipes that call for using blenders."

Tomato-Zucchini-Corn Bake

- 1 lb. sliced zucchini
- 1-1/2 cups fresh or frozen corn kernels
- 1-1/4 lbs. sliced tomatoes

1/2 cup panko/bread crumbs
1/4 cup grated parmesan

Preheat oven to 400 degrees. Coat a 2-quart shallow baking dish with cooking spray. Alternately layer zucchini, corn, tomatoes.

Combine panko/crumbs and parmesan and sprinkle on top. Bake uncovered for 30 minutes or until top is golden brown. Cover with foil and bake for 10 minutes more or until vegetables are tender.

Summer-Garden Gazpacho

4 cups tomato juice (organic, low salt)
2 cups chopped seeded tomato
1-3/4 cups chopped seeded unpeeled cucumber
1 cup finely chopped yellow bell pepper
1 cup finely chopped red bell pepper
1/2 cup finely chopped red onion
2 TBS balsamic vinegar
2 TBS olive oil
2 garlic cloves, minced
1/2 tsp black pepper
1/4 cup chopped fresh basil

Combine all ingredients except basil in large bowl. Cover and refrigerate for at least 30 minutes or up to 24 hours before serving.

Ladle the gazpacho into soup bowls. Top with basil.

Yield: 8 1-cup servings

Caponata (from Jaime's Italy)

Denna Affholder, longtime CSA member writes: "We love Caponata - a Sicilian eggplant dish that works as a side dish but sings as an appetizer served with crusty bread. It becomes a social meal when served with other antipasti favorites! Enjoy!"

olive oil

2 firm, large purple eggplants, cut into large chunks (don't cut too small!)
1 heaping teaspoon dried oregano
sea salt and freshly ground black pepper
1 small red onion, peeled and finely chopped
2 cloves of garlic, peeled and finely sliced a small bunch of fresh flat-leaf parsley, leaves picked and stems finely chopped
2 tablespoons salted capers, rinsed, soaked, and drained a handful of green olives, pits removed
2—3 tablespoons best-quality herb vinegar
5 large ripe tomatoes, roughly chopped
optional: 2 tablespoons slivered almonds, lightly toasted or sauteed celery (classic addition)

1. Get yourself a large pan, pour in a couple of glugs of olive oil, and place on the heat. Add your eggplant chunks and oregano, season with a little salt, and toss around so the eggplant is evenly coated by the oil. Cook on a high heat for around 4 or 5 minutes, giving the pan a shake every now and then. (Depending on the size of your pan you may need to cook the eggplant in batches.)

2. When the eggplants are golden on each side, add the onion, garlic, and parsley stems and continue cooking for another couple of minutes. Feel free to add a little more oil to the pan if you feel it's getting too dry.

3. Throw in the drained capers and the olives and drizzle over the herb vinegar. When all the vinegar has evaporated, add the tomatoes and simmer for around 15 minutes or until tender.

4. Taste before serving and season if you need to with salt, pepper, and a little more vinegar. Drizzle with some good olive oil and serve sprinkled with the chopped parsley leaves and the almonds if you like.

Roasted Peppers or Eggplant

This is delicious hot or cold.

Preheat oven to 400.

Cut peppers or eggplant into $\frac{1}{2}$ inch strips, and put in a baking pan.

Add olive oil, about 2 tsp. per medium pepper , 1 T. per medium eggplant. Sprinkle liberally with salt, and stir.

Put on the top rack in the oven. When you hear them start to sizzle, stir them. Stir every few minutes until they are the softness you like. Takes 20 to 30 minutes.

You can add onion, garlic, or spices if you like. The roasting really brings out the flavor of the vegetables, though, and they are delicious just plain.