

Annie's Gardens and Greens—What's in the bag!

09/08/2010

Volume 2, Issue 43

This week's share consists of items from Grown Locally, Annie's Gardens and Greens, & Stone Creek Farms a division of Plant Peddler.

Estimated produce for Sept. 8th and Sept. 10th

Full Share: Green Peppers, Mediterranean Cucumbers, Spaghetti Squash, Potatoes, Onions, Carrots, Carnival Squash, and Chives.

1/2 Share: Green Peppers, Spaghetti Squash, Mediterranean Cucumbers, Potatoes, and Chives.

You may find substitutes and/or varying amounts of produce in your share. It depends on what vegetables we have in Annie's gardens. Weather plays a major role in what produce is available.

In this issue

Baked Spaghetti Squash Lasagna Style	1
Mediterranean Cucumber Sauce	1
Braised Carnival Squash	1
Herbed Spaghetti Squash	2
Baked Potato Pizza	2
Sour Cream and-Chive Potato Topper	2

Baked Spaghetti Squash Lasagna Style

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 1 onion, chopped
- 2 tablespoons minced garlic
- 2 (14 ounce) cans stewed tomatoes
- 1 tablespoon dried basil
- 1 cube vegetable bouillon
- black pepper to taste
- 1 (15 ounce) can black olives, chopped
- 1 cup shredded mozzarella cheese
- 1 cup shredded Parmesan cheese



until a knife can be easily inserted. Remove from oven, and cool.

3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.

4. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

5. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.
<http://allrecipes.com/Recipe/baked-spaghetti-squash-lasagna-style/Detail.aspx>

Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.
2. Bake squash 35 minutes in the preheated oven, or

Reminders!

- Next CSA delivery will be Sept 15th & Sept 17th.
- Please send in your payments by mailing them to Annie's Gardens & Greens 30975 Lincoln Rd, Fort Atkinson, IA 52144
- Please return CSA bags at your drop site to be picked up for the next delivery.



Mediterranean Cucumber Sauce

Ingredients

- 1/2 cup light sour cream
- 1/2 cup plain yogurt
- 1 medium cucumber peeled, seeded, and finely chopped
- 1 clove minced garlic
- 1 tablespoon lemon juice
- 1/4 teaspoon freshly ground black pepper

- 1/4 teaspoon dried mint

Directions

1. Thoroughly mix all ingredients together in a bowl.
2. Cover and refrigerate for a couple of hours before serving
www.grouprecipes.com/15581/mediterranean-cucumber-sauce.html

Braised Carnival Squash

Ingredients:

- 1 large carnival squash, or medium butternut squash
- 1 tbsp extra virgin olive oil
- 1 1/4 cup water
- 1/4 small red onion, diced
- 3 cloves of garlic, diced
- 1 tsp paprika
- 1 tsp coarse sea salt
- Pinch of ground pepper

Directions:

1. Cut squash in half, microwave in small bowl with 1/4 cup water for 3 minutes.*
2. Cube squash into 1" pieces, place in saute pan.
3. Add onion, garlic, paprika, salt and pepper. Pour in remaining cup of water.
4. Cook on medium-high until water

has evaporated and squash is soft (about 10 min). If the water evaporates but the squash still isn't fully cooked, just add another 1/4 cup until it's done.

5. Remove from heat, let cool, and serve

www.sugarlaws.com/braised-carnival-squash

Herbed Spaghetti Squash

Ingredients:

- 1 small spaghetti squash, about 2 1/4 pounds
- 2 1/2 tablespoons butter
- 1 2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage
- 2 1/2 teaspoon salt
- 3 1/8 teaspoon freshly ground black pepper

Directions:

1. Preheat the oven to 375 degrees F.
2. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a par-



ing knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

3. Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.
- www.foodnetwork.com/recipes/emeric-lagasse/herbed-spaghetti-squash-recipe/index.html

Baked Potato Pizza

Ingredients:

- 1 (6.5 ounce) package pizza crust mix
- 3 medium unpeeled potatoes, baked and cooled
- 1 tablespoon butter or margarine, melted
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried Italian seasoning
- 1 cup sour cream
- 6 bacon strips, cooked and crumbled
- 3 green onions, chopped
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup shredded Cheddar cheese

Directions:

1. Prepare crust according to package directions. Press dough into a lightly greased 14-in. pizza pan; build up edges slightly. Bake at 400 degrees F for 5-6 minutes or until crust is firm and begins to brown.
2. Cut potatoes into 1/2-in. cubes. In a bowl, combine butter, garlic powder and Italian seasoning. Add potatoes and toss. Spread sour cream over crust; top with potato mixture, bacon, onions and cheeses. Bake at 400 degrees F for 15-20 minutes or until cheese is lightly browned. Let stand for 5 minutes before cutting.

www.familyoven.com/offsite?r_id=5558&u=http://allrecipes.com/Recipe/Baked-Potato-Pizza/Detail.aspx



Fun Facts

- **Potatoes have been grown in space since 1995, this marked the first time any food was grown in space.**
- **The “French fry” was allegedly served in the U.S. for the first time by Thomas Jefferson at a presidential dinner.**
- **The world’s largest potato weighed in at 18 pounds, 4 ounces according to the Guinness Book of World Records. That’s enough for 73 portions of medium fries at McDonalds.**

www.environmentalgraffiti.com/green-living/7-interesting-facts-about-the-potato/923

Stop by Annie's Green-Grocery in Calmar to get tickets to Annie's Fall Harvest Soup Supper!

Sour Cream and Chive Potato Topping



- 1 cup sour cream
- 1 tablespoon Chives
- 1/2 teaspoon seasoned salt
- 2 strips bacon cooked and crumbled

1. Mix sour cream, chives and seasoned salt in medium bowl until well blended.
2. Serve over baked potatoes. Top potatoes with bacon.

www.mccormick.com/Recipes/Gravy-Sauce-Condiment/Sour-Cream-and-Chive-Potato-Topping.aspx