

SPAGHETTI SQUASH WITH TOMATOES AND BASIL

Recipe from www.recipezaar.com. Prep time 15 min. prep time. 35 min. cook time. Serves 4.

INGREDIENTS:

2 lbs spaghetti squash, halved lengthwise and seeded	2 C thinly sliced cherry tomatoes
1/2 C shredded fresh basil leaf, plus add'l sprigs for garnish	1/4 C crumbled feta/ goat cheese
2 cloves garlic, minced	2 tbs olive oil
1 tsp dried oregano	1/2 tsp salt
1/2 tsp fresh ground black pepper	1/2 C toasted pine nuts

DIRECTIONS:

Put squash halves cut side down in a 2-quart microwave-safe baking dish. Pour in 1/2 cup of water; cover the dish securely with plastic wrap. Using a sharp knife, cut four slits in plastic to serve as steam vents. Cook in microwave on the high setting for 12 minutes, rotating dish halfway through, until squash is soft when touched. Let stand, covered, 3 to 5 minutes. In a large bowl, toss together all remaining ingredients except pine nuts; set aside. While the squash is still warm, use a fork to scrape out the flesh; it will part into spaghetti like strands. Add to tomato mixture and toss gently to combine. Garnish with toasted pine nuts and slivered basil sprigs, if desired.

Cut along dotted line for 3x5 recipe card



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UPCOMING EVENTS

(complete details at www.accokeek.org)

COLONIAL DAY

Saturday, October 4, 2008, 11:00 a.m.-4:00 p.m.
National Colonial Farm, Rain or Shine, Admission Fee Required, Members Free

Join the Boltons and their extended family on the National Colonial Farm as they prepare the harvest feast. Try colonial dancing and games, while you also discover more about what life was like for a middling tobacco planter and his family on the eve of the American Revolution. Participate in a family game of "Who's Who on the Colonial Farm" and win a prize! Play trap ball, and check out the colonial cooking demonstrations. Snacks will be for sale and the Museum Gift Shop will be open.

TREE PLANTING

Saturday, October 18, 2008, 8:00 a.m.-11:30 a.m.
Education Center, Rain or Shine, Free

Join us for a morning of tree planting as we celebrate Gorgeous Prince George's County Day. Trees will be planted around the site. Wear closed-toe shoes, terrain will vary. Tools and gloves will be provided.

For more information about these, or other events, please contact Julie Brunton at 301.283.2113 or at outreach@accokeek.org.

FIELD NOTES

Volume 13, Number 21 September 22, 2008

Summer Slow Down

Summer has slowed down – and suddenly. Thursday's pickup saw a marked reduction in the quantity of tomatoes. Those of you who didn't get **melons** two weeks ago received the last of them last week – we've turned those plants under and sown **buckwheat** in anticipation of fall-planted garlic. We should see a lot of **peppers** again this week, and our late planting of **beans** is starting to bare, but our boxes don't have so much of the summer in them anymore. That is well and good, because it's already the third week in September and there are reports that some of you are tired of canning.

Some of our **fall crops** are a little behind (**peas**, for example), and others haven't come up so well (**scallions** and **salad greens** in the field). But others will make their way to a SHARE box near you: **fall and winter squash, potatoes, and beets**. **Kale and collards** are coming soon, and we look forward to harvesting **sweet potatoes**. **Broccoli and cauliflower** continue to grow, as do the **Brussels Sprouts**.

THIS WEEK'S HARVEST

Basil

Beets

Beans

Garlic

Leeks

Onions

Potatoes

Peppers, Red

Red or Greens
(Chard or Collards)

Spaghetti Squash

Tomatoes

Our other **fall crops (covers like rye, oats, vetch, and bell beans)** await water to germinate. I hope Friday's drum circle at the community garden has called the clouds and rain.

Fall and Winter Squash

Acorn last week, **spaghetti** this week, **delicata** next week – yes! While we *can* eat winter squash when they're young and tender (try steaming), mature fruit are worth the wait and space. They're more nutritious than their summer cousins, and their seeds are tasty dried and roasted.

Squash have been domesticated for thousands of years (archaeologists have found seeds of domesticated squash in the Andes and in Mexico



Cover crops, September 2008

that are almost 10,000 years old, according to FEDCO Seeds, suggesting that farming developed in the Americas about the same time as in the Middle East), and because, I might surmise, they make Fall, well, Fall.

In the tradition of harvest moons, cider and cider donuts, hot drinks, chili and spicy kisses, pumpkin ale on the porch with your sweetie, sweaters am and pm, changing light, time to wear socks, crunchy leaves, cozy, shared tents, and maybe a first campfire – fall. If some of these aren't here yet, they're coming.

Traditionally, some winter squash are called “fall squash” and they're eaten right away. Acorn don't store well, and while Delicata can store for two to four months, let's eat them now. I like to bake fall squash - sometimes straight, sometimes with butter and brown sugar, sometimes with the maple goodness instead of the brown sugar. I bake until soft and, at least with Delicata, eat them skins and all.

Last week you got the first of it. Acorn squash, which you received last week, don't store well. Others, like butternut, buttercup, kabocha and pumpkins, these should keep well. In fact, if you have a good place to store them, they can keep well into winter. Try to keep them in a well-ventilated space at about 50 degrees F and 50–70% humidity. At some point, we may load you up with a large share of them. You may be able to store them better at home than if they stay outside here at the farm. This week we give you spaghetti squash, so you can match tomatoes and peppers to make some... spaghetti.

Until next week and Delicata. Be great.

Mike

Member Stephanie Gernert is taking part in the Susan G. Komen 3-Day walk for the Komen Breast Cancer Fund. She's walking 60 miles! She starts the 3rd of October - If you're interested in making a donation, please do at www.the3day.org, click donate now, and search for Stephanie Gernert.

FRENCH LEEK PIE

Recipe from www.allrecipes.com.

Prep Time: 10 Minutes Cook Time: 40 Minutes.

Ready In: 1 Hour Yields: 6 servings.

“This leek pie is super rich and creamy with Gruyere cheese and cream. Great as a starter or with a salad as a main dish.”

INGREDIENTS:

1 (9 inch) refrigerated pie crust	2 tsp butter
3 leeks, chopped	1 pinch salt and black pepper to taste
1 C light cream	1 1/4 C shredded Gruyere cheese

DIRECTIONS:

Preheat oven to 375 degrees F. Melt butter in a large saucepan over medium-low heat. Stir in leeks; cook, stirring occasionally, for about 10 minutes, or until soft. Season with salt and pepper. Reduce heat to low. Stir in cream and cheese, and warm through. Pour mixture into pie shell. Bake in preheated oven for 30 minutes, or until custard is set and golden on top. Allow to sit 10 minutes before cutting pie into wedges.