



What's in the Box

Onions
Peppers
Zucchini ??
Eggplant ??
Cucumbers ??
Cantaloupe
Watermelon
Sweet Corn
Spaghetti Squash

I'm not really sure what is going in the shares tomorrow. I am for sure that we will have melons, spaghetti squash, and sweet corn. We have other items but I'm not sure of the quantities. There are carrots but not sure if I can dig them out of the cement! I'll see if there are any more tomatoes worth rounding up for ya.

Scott planted so many things for late harvest that could use a drink right now that we are waiting to be ready.....sugar snap peas, carrots, zucchini, kohlrabi, cucumbers, and beets. They are out at our field on the highway where there is no irrigation.

SPAGHETTI SQUASH MARINARA

From Cooks.com

2 tsp. each olive oil and butter
1 clove garlic, minced
1/2 c. sliced mushrooms
1 1/2 c. canned ready cut tomatoes
2 c. cooked spaghetti squash strands
Salt and pepper to taste
1/2 c. chopped onions
1/4 c. chopped parsley
1/2 tsp. dried basil
3/4 c. grated Parmesan cheese

In a large non-stick skillet heat olive oil and butter. Saute garlic and onions until onions are translucent about 5 minutes, add mushrooms and saute 2 minutes longer, stir in tomatoes, parsley and seasonings, cover and simmer gently for 15 minutes, stir in half of the Parmesan cheese, reheat spaghetti squash and arrange strands on serving platter, spoon sauce over squash and sprinkle with remaining cheese.

Yield: 4 servings - 158 calories -
1 bread, 1 meat, 1 fat, 2
vegetables.

What's going on at the farm.

Wednesday last week we took the truck full of corn to Hy-Vee so that they could grill ears and sell there with their ribs that they were selling.

Thursday we had market and it was REALLY slow due to the races and Pufferbilly days I guess. People were either really busy or didn't want to come out and deal with the noise.

Friday we took another order of melons to ISU. They would like to keep ordering them for months but I'm afraid they won't last much longer. Scott says we will be able to do a watermelon AND a cantaloupe in the bags for sure this week.

Saturday and Sunday we just were picking and working and selling here and of course we had to go to the parade and take the kiddies out to ride the rides.

We also had Drew's first football game yesterday and they beat the Ogden team.