

MARKET BOX

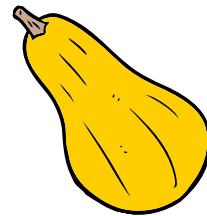
Vancouver Farmers Market



RECIPE **Spaghetti Squash Dinner**

INGREDIENTS

- 1 spaghetti squash
- 2 tsp extra-virgin olive oil
- Salt and pepper to taste
- Sauce & toppings of your choice!



INSTRUCTIONS

1. To prepare the spaghetti squash, preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper.
2. Use a very sharp chef's knife to cut off the tip-top and very bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.
3. Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork.
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.
6. Add any sauce or toppings you like! Tastes great with pesto, tomato sauce, cream sauce or curry.
7. STORAGE SUGGESTION: Baked spaghetti squash will keep well in the refrigerator, covered, for up to 5 days. Just reheat before serving.

Adapted from Cookie and Kate

VEGGIE HIGHLIGHT



Spaghetti Squash

Spaghetti squash is a nutritious treat that can be served as a vegetable and a pasta. It is most known for its unique flesh that separates into long, translucent strings that resembles angel hair pasta. The squash is tender with a slight crunch and has a mild flavor. Cooked squash can be a pasta substitute with marinara or ragu sauce, or sautéed to make stir-fries and simple side dishes, or added to casseroles, gratins, and bakes.

The spaghetti squash originated from China. It was introduced to the US in 1936 and its popularity soared during WWII.

FUN FACT: Spaghetti squash is an excellent source of fiber.

What's In My Market Box?



Fruit/Veggies

Cauliflower Crown

Martinez Farm
Canby, OR



Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge

Microwave, steam, boil, sauté, stir-fry, or roast

Purple String Beans

Volehalla Farm
Ridgefield, WA

Store unwashed in the fridge

Can be roasted, sautéed, boiled, or used in a casserole

Purple Kohlrabi

Flat Tack + Sprout & Blossom Farm
Vancouver, WA



Store in the crisper drawer fridge with the greens removed.

Can be roasted or baked into fries. Use freshly grated in salads or slaw. Peel the skin.

Spaghetti Squash

Volehalla Farm
Ridgefield, WA



Store in a cool and dry place.



Can be roasted or steamed. See above recipe!

Peaches

Last of the year!

Amador Farms
Yakima, WA

Place in a paper bag at room temperature until ripe, then store in the crisper drawer in the fridge

Can be eaten raw or used in cakes, crisp, or grilled

Large Box Only

Slicing Tomatoes

Volehalla Farm
Ridgefield, WA



Store at room temperature on counter stem down.

Can be eaten fresh or used to make salsa, sauce, gazpacho, or soup

Beets

Quackenbush Farm
Eagle Creek, OR



Store in the crisper drawer in the fridge.

Roots can be boiled, steamed, or roasted. Tops can be sautéed.

Tuscan Kale

Volehalla Farm
Ridgefield, WA



Wrap the stems in a damp paper towel and store in a plastic bag in the crisper drawer of the fridge.

Can be sautéed, braised, chopped fine into a salad or added to soup

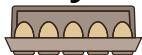
● Organic Practices-Not Certified

● Certified Organic

● Conventional

Add-On Subscriptions

Eggs: Misty Frog Acres



Flower Bouquet: Mays Produce & Flowers



Local Surprise: SOMA Kombucha