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This Week's Box

Swiss Chard
Summer Squash
Parsley
Pepper
Onions
Potatoes
Beans
Carrots
Cucumbers
Broccoli or
Cauliflower
Tomato
Spaghetti Squash

Parsley: It's not just a garnish!

Parsley has more vitamin A than carrots and more vitamin C than oranges! It's also very high in Iron. Parsley is also famous for freshening breath at the end of the meal.

Farm Happenings

We're savoring the last few days of August. Next week the tempo of our days will surely change as the kids head to school. Malcolm starts kindergarten this year. I'm not sure I'm ready to send them off yet, but they're ready to go.

Almost daily Mike tills down a few more rows of things we're done with: onions, carrots, beans, etc. Luckily, there's new things around every corner.

New this week is Spaghetti squash. The kids always enjoy finding the largest of any vegetable we are harvesting. They found the largest spaghetti squash and carved it into a "squash - o-lantern". We enjoyed eating one for supper as well. See the recipe on the back.

This weekend Mike is going to work at enlarging the chicken coop. We'll be getting baby chicks in September. Mike's been researching to choose the best laying breed for us.

Perennial Swap

One of our members has suggested a perennial swap. September is a great month to transplant perennials. We don't have the details worked out yet, but basically, if you have some perennials to share, bring them and trade them for something you would like to add to your yard.

Interested??? Please call or e-mail me and I'll happily let you know more details. It's a great way to add to your landscaping—for next to nothing!

Garlic Parsley Pesto with Pasta

1 cup low fat cottage
cheese

5 Tablespoons grated Par-
mesan Cheese

1/2 cup boiling water

1/2 cup loosely packed
fresh parsley

1/2 cup fresh basil

2 large cloves garlic
Salt and pepper to taste
3 cups tender cooked
pasta

Place all ingredients ex-
cept pasta in blender and
blend until smooth. Toss
with pasta.

This is also good on

baked potatoes, cooked
rice or steamed vegeta-
bles. Makes 3 servings.

Spaghetti Squash with Meat Sauce

1 medium spaghetti squash, about 8 inches	2 tsp. dried basil
1 cup water	1 1/2 tsp. dried oregano
1lb ground beef	1 tsp. salt
1 large onion, chopped	1/2 tsp. pepper
1 medium green pepper, chopped	1/2 tsp. chili powder
1 tsp. garlic powder	1 can tomato puree
2 Tablespoons fresh parsley	1 cup grated parmesan cheese, divided

Directions:
 Slice the squash lengthwise, and scoop out the seeds. Pour water in a cake pan. Place the squash cut side down in pan of water. Cover tightly with aluminum foil. Bake at 375 for 20 to 30 minutes, or until the squash is fork tender. Meanwhile, brown meat and drain. Add green pepper, onion, herbs and seasoning. Sauté until onions are transparent. Stir in tomato puree. Cover and cook over low heat, stir-

ring occasionally.
 Scoop the squash out of the shell. Pull the “spaghetti” strands apart with a fork. Mix 1/2 cup of parmesan cheese into the squash. Serve immediately with sauce over the squash. Top with remaining parmesan cheese.

KIDS CORNER

School time’s here! Here’s some healthy snack ideas to fuel your brains as well as your bodies!

Chunky Cheese and Carrot Dip

8 oz cream cheese, softened	Combine cream cheese and mayo. Blend well.
1/2 cup shredded cheese	Stir in cheese and carrots, just until mixed.
1/2 cup mayo	Serve with crackers, celery, pretzels or breadsticks.
1/2 cup finely chopped or shredded carrots	
apples	

Egg Tortillas

Fry an egg. Place in a warmed tortilla. Top with shredded cheese, chopped tomato, parsley and torn Swiss chard. Try sour cream or your favorite salsa as well.

B.S. C. T.

This stands for Bacon, Swiss Chard, Tomato Sandwich. Make some toast. Add some Mayonnaise if you prefer. Layer some bacon (Cook in the microwave on a plate, sandwiched between paper towel for a super quick fix.) tomato slices and Swiss Chard. Then top with another piece of toast. Mmm... Mmm! Your brain and your body will thank you for it!

