



“November: the last month of autumn, but the beginning of a new adventure; time to take risks and do the unexpected.”

~anonymous~

## How to Cook a Spaghetti Squash

There are multiple ways to cook a spaghetti squash. Here are two, real simple ways...

1. Heat the oven to 425 degrees. Cut the squash in half, lengthwise. Remove the seeds. Fill a Pyrex glass-baking dish with an inch of water. Place the squash face down (so the skin side is up) in the dish. Bake for 30-35 minutes until you can stab a fork in it. Let it cool, and then use a fork to scrape the “spaghetti” strands out. Serve with tomato sauce, or pesto!
2. Heat the oven to 425 degrees. Cut the squash in half, lengthwise. Remove the seeds. Grease a baking sheet and also rub some olive oil on the face of the squash. Put the squash face down onto the baking sheet. Bake for 30-45 minutes until you can stab a fork in it. Let it cool, and then use a fork to scrape the “spaghetti” strands out.

## This week's CSA share contains:

- Spinach
- Green Beans
- Spaghetti Squash
- Beet Bunch
- Thai Basil
- Sorrel
- Swiss Chard
- Assorted Cucumbers



Here is a recipe that incorporates spinach, Thai basil, and beets from this weeks' CSA share!

## Stir Fry with Thai Basil Peanut Sauce

Total Time: 40 mins.

Servings: 1-2



### Ingredients

¼ cups smooth, peanut butter	¼ cup toasted sesame oil
¼ cup light brown sugar	2 Tbsp. soy sauce
2 Tbsp. water	½ Tbsp grated ginger
½ tsp. salt	2 beets, peeled and diced
1/3 lb. green beans, cut in half	½ lb. spinach, chopped
20 Thai Basil leaves, sliced thinly	1 medium onion, chopped

### Preparation

1. Puree peanut butter, sesame oil, brown sugar, soy cause, water, ginger and salt in a blender or food processor. Set aside. This is your sauce.
2. Heat sesame oil in a large sauté pan over high heat. Stir in onions and ¼ tsp. salt. Cook for 1 minute.
3. Lower heat to medium-high and add the beets and another ¼ tsp. of salt. Cook for 2 minutes.
4. Add the green beans and a little water. Cook until they turn green and then add the spinach. Add it in batches if you have to, it will cook down. When the spinach is wilted, add the peanut sauce and the basil. Cook for another few minutes.
5. Serve with rice, or over some spaghetti squash! You could also add some cooked chicken or tofu to the dish! Or even some chard.