



“What you see depends on how you view the world. To most people, this is just dirt. To a farmer, it’s potential.”

~Doe Zantamata~

## 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:

- Assorted Cucumbers
- Assorted Eggplant
- Spaghetti Squash
- Kale
- Rainbow Beets
- Sweet Nardello Peppers
- Black Summer Bok Choy
- Yellow Onion
- Mild Beaver Dam Pepper (poblano style)
- Bell Peppers
- Beefsteak Tomato



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Here is a recipe that incorporates eggplant, spaghetti squash, onion, beet greens, and Beaver Dam peppers from this week's CSA share!

## Baked Spaghetti Squash with Kale and Eggplant

Total Time: 60 Mins.

Servings: 2



### Ingredients

- |   |                          |
|---|--------------------------|
| 1 Spaghetti squash (cut in half, seeds scooped out) | 1 Tbsp. olive oil        |
| 1 onion, chopped                                    | 3 cloves garlic, chopped |
| 1 bunch kale, stem removed, cut in pieces           | 1-2 eggplant, diced      |
| ½ cup Parmesan cheese                               | salt and pepper to taste |
| 1 beaver dam pepper, seeds removed, diced           | juice from ½ lemon       |
| 1 bunch beet greens, chopped                        |                          |

### Preparation

1. Preheat oven to 400 degrees. Spray or drizzle the cut side of the squash with olive oil. Season with salt and pepper, and lay the halves cut side down on a baking sheet. Roast for about 45 minutes until flesh is easily pierced with a fork.
2. While squash cooks, sauté olive oil in a medium pan. Add onion and cook for 3 minutes. Add garlic and cook for another minute. Add kale, beet greens, eggplant, and pepper.
3. Once the greens are wilted, squeeze in the lemon juice and season with salt and pepper. Set mixture aside.
4. Once squash is done, use a fork to scrape out all of the noodles. Mix it into the greens mixture and stir in half of the Parmesan cheese.
5. Turn oven to broil. Fill the empty spaghetti squash halves with mixture and top with remaining Parmesan cheese. Whole wheat bread crumbs, or walnuts would be great as a topping as well. Broil for a few minutes until cheese is melted and brown!