



August 3, 2002

# Boánn's Banks

*Sustainable Agriculture Along the Broad River*

## This Week at Market

- Summer Squash "Yellow Crookneck"
- Zucchini "Cocozella di Napoli"
- Spaghetti Squash
- Green Beans "Prolific"
- Heirloom Tomatoes "Cherokee Purple", "Black Krim", "San Marzano", "Green Zebra"
- Armenian Cucumber
- Carrots "Red Core Chantenay"
- Rutabaga "Joan"
- Eggs from Free Range Hens

### Spaghetti Squash Salad

- 1 spaghetti squash, cooked (see box)**
- 1 red onion, sliced thin**
- 1 red pepper, cut in thin strips**
- 1 large tomato, diced large**
- Handful of fresh basil**

Mix all ingredients and serve you're your favorite vinaigrette.

### Spaghetti Squash Casserole

- 1 spaghetti squash, cooked (see box)**
- 2 large carrots, cut in thin strips**
- 2 celery stalks, cut in thin strips**
- 1 large onion, cut in thin strips**
- 1 large pepper, cut in thin strips**
- 1 ½ pounds tomato, diced**
- ¾ pound shredded mozzarella**
- ½ cup grated Parmesan cheese**
- Herbs and chopped garlic to taste**

While squash is cooking, sauté other vegetables (giving carrots and celery a head start) until tender, about 7 minutes. Add tomato, garlic, and herbs and simmer 10 minutes. Mix cooked squash strands with cooked vegetables. Place half of mixture in bottom of casserole dish. Top with half of the cheeses. Add remaining vegetables and top with remaining cheeses. Bake at 350 until bubbling and slightly browned, about 30 minutes. Cool 20 minutes and serve.

Hello! Today marks three months we've been coming to the Athens Green Market at Big City Bread. It's been a lot of work going from buying our farm last November – then just an overgrown hillside along the river – to bringing a steady supply of vegetables to market. With the exception of a few gas-powered machines we used to cut into the ground, the work's been done by hand. It's made us sore and sweaty, but we wanted to give our soil and plants the same hands-on attention that a potter gives his clay. The experience of growing this way just can't compare to that of a commodities farmer inside his air-conditioned tractor! Those of you with your own gardens can attest to that.

We've finished planning for fall and are just need a few cool days to get all the seeds in the ground. It doesn't look like nature will provide us with shade anytime soon, so we may have to create some on our own. Meanwhile, planning has already begun for next year. In addition to a little bit more of everything you've enjoyed from us this year, we'll grow a few more unusual heirlooms, have a more mature flock of laying hens, and might even have a few milk goats. Freshly made cheeses, anyone? Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner  
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## Featured Vegetable

This week's featured vegetable is the third variety of *Cucurbita pepo* we've featured, but it's as different from the others as a dachshund is from a Great Dane. The Spaghetti Squash is one of the most unusual vegetables around. It looks like a typical winter squash on the outside, but the inside looks like strands of pasta when cooked.

The spaghetti squash is a recent addition to the squash family. The earliest documentation comes from the 1940s, but it didn't catch on until the 1960s when chefs at upscale restaurants both here and in Europe began featuring it. It comes in two varieties, one a pale ivory-yellow and the other a golden orange. The latter was bred by the Israeli botanist Dr. Harry Paris in 1986 and has high levels of beta carotene. Ours is the original variety, mostly. One bush has produced green-skinned squash, but has the usual flesh inside. Likely a honeybee carrying pollen from a zucchini plant visited the mother plant back at the seed farm. The two are the same species and easily cross. In this case, I like the appearance of the cross better than the original.

Spaghetti squash has been called a dieter's dream, especially among those who cut pasta out of their diet. A four ounce serving of squash has only 37 calories, compared to 167 for the same amount of pasta. It's just as simple to prepare, and the flavor will get you hooked. Even squash haters can eat a big plate of "vegetable spaghetti" and ask for more.

To prepare, cut the squash in half lengthwise and scoop out the seeds. Poke the rind several times with a fork and place facedown in a baking pan. If the fruit is old, you may want to add a half-cup of water to the pan, but that's not necessary with our fresh squash. Bake at 350 degrees for 40 minutes or until the skin is easily pricked with a fork. You can also cook in the microwave for 8-10 minutes. Using a fork, scrape the flesh long ways, and it will separate into long strands. For a dramatic presentation, you could cut the squash crosswise instead and serve the cooked squash right in the resulting "bowls". The seeds are also quite edible, both raw and toasted as you would pumpkin seeds.

Serve the cooked squash with a small amount of butter, salt, and pepper if you want to enjoy the subtle nutty taste of the squash, or substitute it for spaghetti in any other recipe. There is no fat, very few calories and carbohydrates, and lots of fiber and folic acid. It's great for dieters and fun for kids and simple make a fine meal.