

October 30th, 2008



# The

# PolyHarvester

Volume 11, Cycle 4

[www.polycsa.org](http://www.polycsa.org)

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**Veggie of the Week**

-Spaghetti Squash-



Questions?

Contact your CSA  
coordinator,  
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## *This Week's Harvest:*

- Radishes
- Anaheim Chiles
- White Turnips
- Spring Mix
- Eggplant
- Spaghetti Squash
- Melons
- Braising Mix

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## Presentation by Dr. Joni Adamson

Hello PolyHarvesters! Dr. Adamson, associate professor of English at ASU Polytechnic, will present a public lecture on Tuesday, November 18, 2008 at 7:15 pm in Peralta Hall 145. The lecture is titled, *To Change in A Good Way: Native American Literatures, Food Justice, and Diasporic Residency*. The talk should be interesting, so join us there!

# The PolyHarvester Recipiece



## Spaghetti Squash

The spaghetti squash is an interesting vegetable. It's a recent arrival in the world of veggies, and no one really knows why its insides evolved into fleshy pseudo-noodles. Even so, its found its place in a variety of cuisines as both a clever substitute for real noodles (for instance, in the dishes of children who otherwise would look upon their veggie-peddling parents with much disgust), or as actual squash.

Check out the recipes to the right for fun ways to cook and serve the squash you'll be receiving in this week's share!

## Spaghetti Squash with Vegetables and Mozzarella

*From [www.seedsofknowledge.com](http://www.seedsofknowledge.com)*

### Ingredients

1 spaghetti squash  
1 large yellow onion, diced  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
2 tbsp olive oil  
1 large can (28 ounces) crushed tomatoes  
3-5 cloves garlic  
1 tsp basil  
1/2 c grated Parmesan cheese  
1 c grated mozzarella cheese  
1/2 tsp oregano

### Preparation

Cook spaghetti squash by your favorite method and remove flesh. Preheat oven to 375 F. Heat olive oil in a skillet and add the onion, pepper and garlic. Sauté over medium heat for about 5 minutes. Add crushed tomatoes, basil, and crushed red pepper (if using). Simmer uncovered for about 15 minutes. Mix squash well with the cooked vegetables and put half in the bottom of a large (13 x 9 inch) baking dish. Top with half the cheeses, followed by the other half of the squash mixture, then the rest of the cheeses. Bake for 30 minutes or until cheese is bubbly and slightly browned. Let cool 10-15 minutes before serving.

## Maple Glazed Tofu with Spaghetti Squash

*From [www.epicurious.com](http://www.epicurious.com)*

### Ingredients

#### **For the squash**

(4-pound) spaghetti squash  
tablespoon unsalted butter, melted  
tablespoon brown sugar

#### **For the tofu**

(14-ounce) package extra-firm tofu, drained and patted dry  
tablespoon extra-virgin olive oil

#### **For the glaze**

cup chicken broth  
tablespoons maple syrup  
tablespoon apple cider  
tablespoon soy sauce  
1/2 tablespoon lemon juice  
garlic clove, smashed  
teaspoon cornstarch, dissolved in 1 teaspoon cold water

### Preparation

Preheat oven to 350°F. Cut the squash in half lengthwise and scoop out the seeds. Brush both halves with the butter and sprinkle with the brown sugar. Place them, cut sides down, on a baking sheet and roast until fork-tender, about 1 hour. Meanwhile, in a skillet, combine the broth, syrup, cider, soy sauce, lemon juice, and garlic. Boil for 5 minutes, then whisk in the cornstarch and cook, whisking constantly, until the glaze thickens, about 1 to 2 minutes more. Set aside. Slice the tofu into 1/2-inch-thick slabs. Then use a knife or a cookie cutter to create cubes or playful shapes. Heat the oil in a saucepan over medium-high heat. Add the tofu and sear until golden brown, 2 to 3 minutes a side. Transfer to a paper towel-lined plate. Scoop the squash strands out and into bowls. Top with the tofu, drizzle on the glaze, and serve.