



Rare Earth News



What's in the box today?

Beets
Lettuce
Thyme
Peppers, Bell or
Lunchbox mini
Onions, Red & White
Tomatoes, Cherry & slicing
Winter Squash, Spaghetti

If there's one thing I love to grow it's tomatoes. When they're in season I eat them several times a day. When the season comes to an end then that's it for another year. Would never think of buying tomatoes from the grocery store. Hard as baseballs and lacking flavor.

There are supposedly some 10,000 tomato cultivars world wide. One could spend their whole life trying a new and different tomato variety every year. It seems for us we default almost every year to some of the same favored and time tested cultivars that perform the best and are well liked by our members. Many of the tomatoes we've trialed are hybrids but I have continued to grow every year the "Yellow Brandywine" which is an heirloom tomato. This in my mind is the all around best tasting tomato I've ever grown. Heirlooms unlike the nice round hybrid tomatoes are quite irregular in their shape and usually have a fair



Link to our online store: <http://rareearthfarm.csasignup.com/store/produce>

amount of unusable parts because of their bizarre shape. The headline photo of a yellow brandywine caught my attention when I saw him smiling at me while still on the vine. I just had to bring him inside for a photo op just prior to making a tomato sandwich. In today's box you have what you need to make my favorite sandwich. Take one of your brandywines, put it on your favorite bread with onions, white or red, mayonnaise, lettuce, and a slice of your favorite cheese. If you have an avocado to add that makes it even better.

Whatever way you love eating tomatoes please take advantage of this time of the year and eat as many toma-



toes as you can. When the season is over and you've had your fill of vine ripened tomatoes, all those grand memories of eating them will linger and get you through the times of no tomatoes until once again they're ripe on the vines in your garden or ours. Take care and enjoy this wonderful vegetable family of the Solanaceae. Take care and eat well!

Spaghetti Squash with Tomatoes and Basil

1 **spaghetti squash** small
2 Tbsp. olive oil extra virgin
2 cloves garlic finely minced
2 **tomatoes** chopped
2 Tbsp. minced fresh basil
1 tsp. balsamic vinegar
1/4 cup grated pecorino or parmesan cheese
salt and pepper to taste

Using a sharp paring knife, carefully pierce (I really mean stab) the spaghetti squash in a few places (about 6 slashes is good). Place squash on plate. Microwave on high for 10-15 minutes, turning/rotating the squash halfway during cooking.

I had a 3 1/4 pound spaghetti squash. 12 minutes total was perfect.

The squash is done with a fork very easily pierces through the squash, if there is resistance - microwave for an additional 1-2 minutes.

Carefully (the squash will be steaming hot!), use a chef's knife to cut the squash in half, lengthwise. The squash should be soft and easy to cut. Remove and discard the seeds. Use two forks to scrape apart the strands of the squash. For this recipe, we'll only use half of the spaghetti squash, about 4 cups.

Heat a large saute pan over medium heat with the olive oil. Add in the garlic and cook for 1 minute. Add in the tomatoes and basil and cook for another minute. Turn heat to medium-high and add in the spaghetti squash and toss. Season with salt and pepper and drizzle in the balsamic vinegar. Taste the squash - adjust seasoning. If the squash still needs a bit more time to cook through, cover and cook for 2 minutes. If the squash texture is perfect, toss in the grated cheese and serve immediately.



All the recent rain has brought us under assault by an army of blood thirsty mosquitoes. It's forced us to work in the hot sun with protective clothing. It's only because of them that we're now looking forward to our first frost.