



## Rutabagas

The BIG cream-colored balls with purple tops and one of our favorites! Use them as you would potatoes- and use them in addition to potatoes! They are in the cabbage family and have a little of a cabbage-like flavor. They also are a perfect companion to many root vegetables; great for roasting with meat or other veggies. They are a perfect addition to many soups. We cubed and steamed ½ of one for lunch yesterday with salt and butter and had part of the other half in Samosas for dinner!

Try making mashed rutabaga- Peel, cube and boil the rutabagas alone or with potatoes in salted water until tender. Mash with butter and eat.

Peeling is not necessary, but the flavor will be milder if you do. If you only use part of your rutabaga, store the rest in the refrigerator wrapped in plastic for up to a week or more. Whole rutabagas can be stored in a fridge drawer unwrapped for a few months without any problems, longer in root storage for the winter.

## Celery

Our celery would have enjoyed much more water last summer- in fact it would have enjoyed all of the irrigation water on the farm, but it had to share with all of the other veggies. While it is not as tall and wide as you may be used to, it is very flavorful. Great for flavoring soups and stir-fry's or for chopping in to salads. The leaves can be cut off and frozen in plastic containers for use in flavoring soups over the winter as you need them.

### Cream of Celery Soup

3 quarts chicken stock  
3 pounds celery, coarsely chopped  
4 carrots, chopped and any other desired veggies  
1/2 pound onions, chopped  
1 cup all-purpose flour  
1 tablespoon salt  
1 teaspoon ground white pepper  
3 quarts hot milk  
1 cup butter

Pour the chicken stock into a large pot, and bring to a boil. Add the celery, carrots and onion to the pot. Whisk together the flour, salt, pepper, and milk; slowly add to the pot, stirring, along with the butter. Boil for 10 minutes or until veggies are tender. Puree in a blender or with a blender stick.

## Spaghetti Squash

Spaghetti squash is sure to surprise you if you have never had it before! It looks like a regular squash, but cooks up like spaghetti noodles! Because of that it is most often enjoyed as a substitute for pasta and served with tomato sauce. It is also delicious served with butter and salt. The texture is noodle-like, but the flavor is yummy!

The recipe below is from my friend Ellen and it is one of my all-time favorites. It is a big hit at any dinner event.

### Spaghetti Squash Lasagna

Ingredients:

1 spaghetti squash, halved lengthwise and seeded  
1 onion, chopped  
2 tablespoons minced garlic  
2 (14 ounce) cans stewed tomatoes  
1 tablespoon dried basil  
1 cube vegetable bouillon  
black pepper to taste  
1 (15 ounce) can black olives, chopped  
1 cup shredded mozzarella cheese  
1 cup shredded Parmesan cheese

**Preheat oven** to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.

Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, sauté the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.

Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

The <b>sweet potatoes</b> are curing and will be sent out next week. Curing is converts the starches to sugar and improves the flavor!
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