



TOMATO STUFFED SPAGHETTI SQUASH

Adapted from Simply Recipes

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| <ul style="list-style-type: none"> 2 small spaghetti squash (1½ pounds each), halved lengthwise and seeded 3 tbsp extra-virgin olive oil, divided ½ tsp Italian seasoning ¼ tsp freshly ground black pepper ½ tsp kosher salt, divided | <ul style="list-style-type: none"> 1 (6-ounce) block feta cheese 12 ounces cherry tomatoes 2 cloves garlic, sliced thin Balsamic glaze Salt and pepper (if savory) or raw sugar (if sweet) |
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1. Preheat oven to 400°F with rack in the center position. Line large rimmed baking sheet with parchment paper or aluminum foil.
2. Place seeded squash halves on the prepared baking sheet, cut-sides up. Drizzle the cut sides evenly with 1 tablespoon of the oil and sprinkle evenly with the Italian seasoning, pepper, and 1/4 teaspoon of the salt.
3. Cut the feta block into 4 equal pieces and place 1 piece in the cavity of each squash. Divide the tomatoes and garlic evenly between the cavities. Drizzle with 1 tbsp of the oil.
4. Bake until squash flesh is tender and tomatoes have burst, 50-55 minutes.
5. Remove the squash from the oven, drizzle with the remaining 1 tbsp oil, and sprinkle with 1/4 tsp salt. Transfer each squash to a serving plate.
6. To serve, using a fork, carefully scrape the strands of squash flesh away from the shells. Toss the strands with the tomatoes and feta, mashing the sauce to your desired consistency.
7. Refrigerate in an airtight container for up to 4 days.



GARLIC ROASTED OKRA

Adapted from Eat Something Vegan

- 1 lb. okra
- 1 tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. sea salt
- 1 ½ tbsp. melted butter*

*Swap for plant butter to make this vegan!

1. Rinse the okra and dry it with a paper towel. Trim away the stem ends, and then cut it into ½ to ¾-inch pieces. Place the okra into a medium-sized mixing bowl.
2. In a small dish, mix together the paprika, garlic powder, and salt.
3. Sprinkle the seasoning mix over the okra and add the melted butter. Mix everything well.
4. Transfer the okra to a large parchment paper-lined baking sheet and spread them out evenly.
5. Bake the okra for about 15 minutes at 450°F. Serve.

AUG 10 – 16, 2026

VOL 23, NO. 31

WEEK 13 OF 20



SUMMER CSA NEWS



OKRA & GREEN BEANS

Keep in paper bag in the fridge. Will store for a week. A small bit of black streaking is normal. Wash and cut just before use.



SWEET CORN

Refrigerate sweet corn as soon as possible. Keep husks on until ready to prepare. Eat or freeze within a few days.



SPAGHETTI SQUASH & ONIONS

Store in a cool, dry, dark location. Once cut, refrigerate and use within 5-7 days.



PEACHES

Allow unripe peaches to ripen in a closed bag or container on a countertop; or out on the counter. To slow down ripening, keep refrigerated. Once cut, peaches can be kept for 3-4 days in an airtight container in the fridge.



CUCUMBERS, & CABBAGE

Refrigerate immediately, unwashed. Wrap loosely in a bag and store in the crisper of your fridge. Keep dry.



TOMATOES

Store unripe tomatoes stem side down at room temp. Ripe, cut, or cherry tomatoes should go in the fridge for longer storage.



GARLIC

Store in the pantry area of your kitchen; remove a clove or two for your recipes; the remainder keeps for weeks.



MID-SUMMER FARM UPDATE

With the warm weather crops well on their way, we have a sense of how the season is shaping up. With more than 30 years of growing vegetables and 26 years of organic certification under our belt, the list of crops we focus on has matured.

Eating fresh salads and leafy greens is good for your microbiome, and for you, by extension, so we learned how to provide them close to 52 weeks per year.

Alternatively, tomatoes, peppers, cucumbers, and green and yellow squashes, are seasonal, with a little bit of wiggle room on the margins, and not financially feasible to produce all year long.

Raspberries are finicky in our climate with the erratic weather conditions that we associate with climate change. Organic sweet corn is a risky crop, but we give it an honest try every year.

Tomatoes are the royal court of the produce world, and they command a lot of attention. We do our best to get early tomato transplants into a high tunnel in

April, well before last frost. This year you may remember—we certainly do—April and May were overall cooler than normal.

Since tomatoes love hot weather, they did get a head start in the high tunnel, albeit less than in some years. We are starting to see many fruits coloring up. The first planting of field tomatoes is showing a nice fruit set, happy to have warm nights. The second and third set have been trellised (staked and strung, as we call it), in time for them to produce fruit now through September into October, until the first frost. For reference, the local tomatoes you may have seen at farmers markets in May and early June were most likely grown in greenhouses or high tunnels with supplemental heat as the freeze in May would have taken out unheated crops.

Summer squashes are in their prime. One of our team was excited to see the first zucchini a few weeks back, and I was, too. I love cooking it on the grill. Root crops, like radishes, hakurei turnips, carrots, and beets are coming along nicely.

Fresh herbs of oregano, sage, cilantro, parsley, and basil are adding great flavor to our summer dishes, while edible flowers and squash blossoms are nice optional treats for our CSA Farm Share members. These blooms may make an appearance at farmers markets when we have extras.

The potatoes have vigorous vines and we are harvesting several varieties.

Onions and garlic, being the staples they are, are crops that we love to see come in from the fields as we'll be enjoying them in some form for the next several months.

Peppers and eggplants look better than last year's crops, as the crop rotation moved them to a field with different soil conditions. Sweet potatoes and fall squashes are already planted, believe it or not.

Two items that always cause chatter at the farmers market are raspberries and blackberries. These are both expensive crops to establish, most varieties require trellising, they have a short harvest season, while they require lots of consistent waterings over a long period of time. You, the loyal CSA Farm Share member, get first pick.

We really like berries, so a few years back, we invested in an acre or so of vines, experimenting with a dozen or so types of raspberries to see which ones perform well. Some are black varieties, some are red, others have a purply look with whitish margins, some are bigger than others. No matter what they look like, they are all extremely delicate, which translates to perishable.

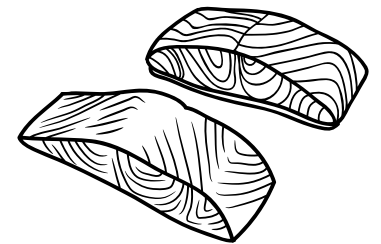
We try to pick the berries at the peak of ripeness directly into the containers to minimize handling. We take them straight to the walk-in cooler for next-day delivery. A paper bag may protect them in transport but should be opened upon arrival. Keep them in the fridge, and consume by the next day, if not immediately—full of flavor!

Another great player this season have been fresh flowers. We are excited to have an Elmwood Stock Farm team member who has really taken on cultivating these gorgeous bouquets. Find these summer blooms available for add-on in your CSA Share, or at market!

This season's rains have been frequent enough to help the farm overall. Nothing like the crop-drowning monsoons of a few years ago. Though it was a cold start, as I said.

When all is said and done, our intent is to provide wholesome, organic veggies for your well-being, with some treats like berries and sweet corn when it all comes together.

Mac Stone



WILD-CAUGHT ALASKAN

**SOCKEYE
SALMON IS
HERE**

We're so proud to offer this rare treat! Add it to your share and we'll deliver with your veggies!