



# CSA Newsletter—Week 18 September 27, 2018

Hoot Owl  
farm

## Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Troy Apple Festival September 28 2:00–6:30

Troy Fall Bounty Market October 19

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Hi All— Week 18 is here and so is the change in the weather. We had a frost this week, and preemptively put out row covers over a lot of sensitive field crops. We've also put the end walls back on our hoop houses (we take them off in summer for ventilation) and started to button them up tightly at night. We're noticing how the colder temperatures and decreased sun exposure is markedly slowing down plant growth. We've started to seed our microgreens a couple of days earlier as they take longer to grow to a harvestable stage at this time of year. The upside of all of this cold and dark...spinach—coming to a share near you soon!

We're all set for the Apple Festival over in Troy on Friday. Since this is a longer and larger market, both Rudy and Bonnie will be manning the Hoot Owl booth over in Troy. We are excited to have a chance to chat with other vendors and customers, and to take in the music (who doesn't love Back Adit!), and to try some apple cider and pie. Should be a great time, consider making the trip over to Troy for this great event on Friday if you're over in Libby. Hope to see some of you there!

Have a great week—Bonnie & Rudy

## This Week's Share



Romaine
Spaghetti Squash
Napa Cabbage
Microgreens
Tomatillos + a few jalapenos and a small garlic head
Arugula—Used raw as a salad green, it pairs wonderfully with vinaigrettes. Arugula is highly perishable and will only last a few days so it should be the first item you use from your box. Store in the fridge in a perforated plastic bag. Refresh limp arugula by plunging it into icy cold water.
Leeks
Potatoes
Pepper



**Farmers Market programs...** Maybe some of you have noticed the alternate payment methods that we accept at our Hoot Owl booth at the Farmers Market? People handing us slips of paper and wooden tokens in exchange for vegetables? These are a couple of the programs that are available for use at local farmers markets.

**SNAP**—Supplemental Nutrition Assistance Program. The Troy Farmers market offers a method for SNAP benefits to be transferred into token form to be used to purchase fresh fruits and vegetables or plant starts from Farmers Market vendors. Vendors simply exchange the tokens for money at the end of the market. Even better, the markets are sometimes able to offer an increase in SNAP dollars when they're exchanged for Farmers Market tokens. Accepting nutrition assistance benefit programs at farmers markets help low-income families overcome the barriers of cost and availability of fresh fruits and vegetables. Hopefully we can extend the use of this program to the Libby Market for future years.

**Senior Farmers Market Nutrition Program (SFMNP)** - Provides low income seniors (60+) with coupons, up to \$50 per year, that can be exchanged for fruits, vegetables, honey, and herbs from qualifying vendors at Farmers' Markets, roadside stands, and CSA programs. Sometimes it takes an incentive to try something new, and we know for a fact that these coupons have gotten many people in our community to give the Farmers Markets a try this year, and we love that! Hopefully this program will continue to grow in Lincoln County as more people apply for them and more vendors become qualified.

Spaghetti Squash with Bacon, Spinach, and Goat Cheese –From CSA member Callie via BuzzFeed—Thanks for sharing the recipe, Callie!

*Farmer Note: Callie uses feta cheese in this recipe rather than goat cheese, can't argue with that. I'd also think that arugula could be substituted for spinach. We hope to have spinach for you guys in the last weeks of the CSA, but it's just not quite ready yet!*

**Ingredients:**

1 medium spaghetti squash  
1 Tbsp olive oil  
Salt and pepper  
6 slices bacon, cut into pieces  
1 Tbsp red wine vinegar  
1 Tbsp maple syrup  
15-oz bag baby spinach  
2 oz. soft goat cheese, crumbled



**Instructions:**

1. Preheat oven to 400 deg and line a large rimmed baking sheet with parchment paper.
2. Cut about half an inch off of the top and bottom of the spaghetti squash, and discard those pieces. Cut the squash crosswise into rings about 1 inch , and run your knife around the inside of the rings to cut the seeds out. Drizzle the olive oil over the baking sheet then spread the squash rings over it, moving them around a little so that the undersides are evenly coated with a little bit of oil. Season with salt and pepper, then flip the rings over and season again.
3. Roast in the preheated oven until the squash is tender, about 30 minutes. When the squash is done, set it aside on the counter while you cook the bacon and spinach. It'll be easier to handle if you let it cool for 10 minutes before taking it apart.
4. Heat a large skillet over medium heat, then add the bacon slices. Cook over medium heat, stirring often, just until the very edges of the bacon start to brown slightly, about 2 minutes. Turn the heat down to low and continue to cook until the bacon is crispy and the fat has rendered out, about 5 more minutes.
5. When the bacon is done, turn the heat up to medium and add the red wine vinegar while stirring and scraping the bottom of the skillet. This will deglaze your pan, so that all of the caramelized bits of bacon end up in your food and not stuck to the bottom of your pan. After about 20 seconds, turn the heat back down to low and add the maple syrup. Stir everything together just to combine, then add the spinach, one handful at a time, stirring after every addition so that the spinach wilts and there's room in your skillet for more. When all of the spinach is wilted, turn the burner off under the skillet and let everything sit in there while you finish the squash.
6. Peel the skin away from the squash, then use a fork or your hands to pull the strands apart, adding them to the skillet as you go. When all of the squash is in the skillet, add the goat cheese and toss everything together just to combine.
7. Divide between two plates and serve immediately.

Napa Cabbage Salad - This recipe is from a regular Farmers Market customer who loves Napa Cabbage—Thanks Mary!

**Ingredients:**

1 medium head Napa Cabbage  
1 bunch green onions, chopped  
3-5 Tbsp margarine  
2-3 oz. packaged Oriental noodles  
2 1/2 oz. sliced almonds  
4 Tbsp sesame seeds  
1/4 cup white wine vinegar  
3/4 cup vegetable oil  
2 Tbsp soy sauce  
1/2 cup sugar

**Instructions:**

Thinly slice cabbage. Add onions. Melt margarine and brown noodles. Be sure to break noodles into small pieces and do not use packaged noodle seasoning. When noodles are golden brown, add almonds and sesame seed; finish browning, watching carefully. Remove and set aside. Combine remaining ingredients and boil for 1 minute. Let cool. Stir dressing well. Toss with salad greens and noodle mixture 15 to 30 minutes before serving.

