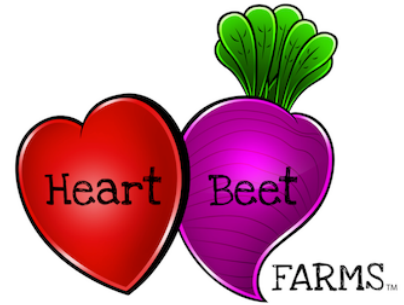


# Week 8



## We hope you enjoyed Week 7's CSA box & soup!

This week there is a focus on squash and we are introducing some of our spaghetti squash to the mix. Spaghetti squash is one of my family favorites! As many of you probably know, when cooked, the inside of spaghetti squash can be shredded into long, thin strands similar to angel hair spaghetti, and can be used in similar ways! A cup of traditional spaghetti pasta has around 200 calories and 30 carbs, while a cup of spaghetti squash has around 30 calories and 10 carbs – quite a compelling difference. In addition, spaghetti squash is full of vitamins such as A, C, B-6, thiamin, riboflavin, niacin, folate, pantothenic acid and vitamin K, minerals such as manganese, and a good amount of fiber. Spaghetti squash doesn't necessarily taste like pasta, but when covered in a homemade tomato marinade (see recipe below) or tomato sauce, made into lasagna or transformed into pad Thai, it makes a super healthy substitute. Enjoy your spaghetti squash!

*Peace, Love & Veggies ----- Ann & Jen*

### Weekly Soup or Sauce: **Leek & Potato Soup**

#### Ingredients:

Leeks– Assorted Potatoes– Vegetable Stock - Seasoning

*\*Recipe by Jason's Food Service Group & Catering*

#### *What else is included in your bag this week?*

Swiss Chard  
Tomatoes  
Yellow Squash  
Spaghetti Squash  
Collard Greens  
Onion  
Corn

**IMPORTANT NOTE**  
Don't forget your HeartBeet  
Farms Bags!

#### *Recipe Idea:*

### **Tomato Marinade**

*(to pour over your spaghetti squash!)*

#### Ingredients:

- 10 Tomatoes
- ¼ cup olive oil (*you can replace with grape seed oil*)
- Chopped fresh garlic
- Chopped Fresh basil

#### How to Make It:

1. Cut up 10 tomatoes in bite size pieces (do no chop)
2. Add Olive Oil
3. Add Large amount of Chopped Fresh Garlic
4. Add Chopped Fresh Basil
5. Leave bowl with all ingredients on the counter, covered
6. Stir every 2 hours
7. Needs at least 4 hours to marinate
8. Pour on spaghetti squash, sprinkle with parmesan cheese.

[heartbeetfarms.com](http://heartbeetfarms.com)

Link to our  *Pinterest* for recipes