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Squash

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Farm News

Hello from the farm! Man alive, is it ever hot outside—which is great news for a plants because that means the real season’s bounty is starting to roll in. To celebrate the 2010 USU Student Farm season, we are inviting you to a party!

Where: the farm
When: Saturday, July 31st
5:30 PM—farm tour
6:30 PM—dinner and mingling
Who: CSA member and their families

It’s a potluck, so bring a dish to share with the group. We have a barbeque, so you can bring whatever and we will grill it up. Also, naturally, we are all about Reduce, Reuse, Recycle so please bring your own plates, cups, and utensils.

We are very excited to have you and get to know all of you better. It’s awesome people like you that make this summer on the farm possible for us. We have learned so much and love what we do. Now we just want to say thank you. See you Saturday!

Your USU Student Farmers,
Bethany, Sara, Crista, Ashley, Brianne, and Blake

A Bit About Summer Squash

It is generally accepted that the squash plant is native to the Americas. Remains have been found in Central America and Mexico dating back as far as 7000 BC. From its southern origin, squash spread throughout North America. The name squash is apparently derived from the Algonquin "askoot asquash", meaning "eaten green". The plant found its way to Europe when the early explorers returned home.

Summer squash is very fragile and should be handled with care as small punctures will lead to decay. It should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days. While it can be frozen, this will make the flesh much softer. To do so, blanch slices of summer squash for two minutes before freezing.

General Information

Volunteer Hours
Tuesday 9am-2pm
Wednesday 9am-2pm
Friday 9am-12 pm
Saturday 9am-12 pm
Or by appointment

Reuseable Bag Fundraiser
Trendy, ecofriendly, and handy-- who wouldn’t want two of them? Snag one for just $4.
This recipe is the result of happy accident. Instead of grabbing pasta sauce, I mistakenly picked up spicy marinara sauce at the store. Turns out, it gives this vegan lasagna the perfect kick! Vegans and non-vegans alike LOVE this dish—it even got roommate approval (they practically gobbled up half the pan). Enjoy!

**Spicy Chard Lasagna with Summer Squash**

9 whole wheat lasagna noodles (dry, uncooked)
2 26 oz. jars spicy marinara sauce (or do half spicy marinara, half regular pasta sauce)
1 medium sized summer squash (yellow or zucchini), thinly sliced
2 cloves garlic, minced
1 bunch onions, chopped
Olive oil for sautéing

**Filling:**

- 1 lb. firm tofu (make sure it’s “firm”, not “silken”)
- 1 lb. chard
- 2 tablespoons nutritional yeast (gives it a cheesy flavor, can get it in the bulk section at Smith’s Marketplace)
- ½-1 teaspoon salt
- 1 ½ teaspoon oregano
- 1 teaspoon basil
- Black pepper to taste

In a large pan, sauté garlic, green onions and squash. Add marinara sauce and turn to low heat. In another large pan, bring a few cups water to boil. De-stem chard and boil in water until tender. In a food processor or blender, combine tofu, chard, nutritional yeast, salt, oregano and basil. Blend until creamy. In a 9” x 13” glass baking dish, pour half of the pasta mixture. On top, layer noodles followed by a layer of the tofu mixture. Next, layer noodles, the rest of the tofu mixture, noodles and top it with the remaining pasta mixture. Cover with aluminum foil and bake at 375 F for 50 minutes.

What do you make with your farm fresh produce? We’d love to hear. And taste, for that matter. If you would like to share your favorite recipes, please e-mail them to us! Not only would we like to give them a test run but we would love to share them in our newsletter.

E-mail to organicfarm@aggiemail.usu.edu