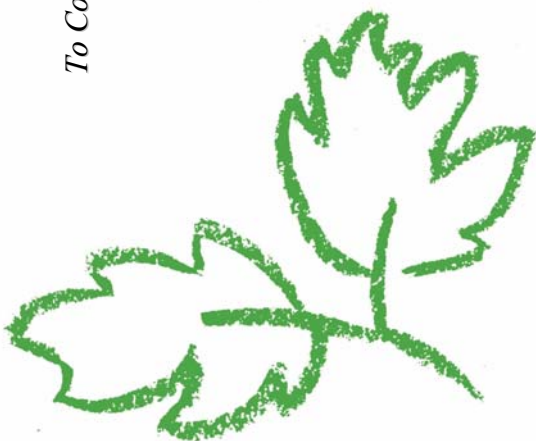




To Contact Soil Stewards, email the club president at heff6393@uidaho.edu

KALE is rich in vitamin A, B-Complex and C, iron and calcium and a member of the cruciferous family of vegetables having anti-cancer properties. With blue-green leaves and a thick center stem, kale tastes like mild cabbage. Cooked with bacon drippings, onion and vinegar, kale is a popular dish in the South. Stir-fry strips of kale, use for an attractive garnish, prepare as you would spinach or add small amounts to green salads for texture, taste and color. www.millsfamilyfarms.com/products/kal_detail.htm



UPDATES FROM THE FARM

With our surplus in carrots, we have been able to provide the University's food service with 100 lbs of carrots for the last couple of weeks. We are thrilled to be supplying our campus community with locally grown organic veggies!

JOIN US FOR AG DAYS OCTOBER 21-22

We'll be hosting a booth at Ag Days on Friday the 21st from 10-2 pm on the mall outside the Ag. Science Building. We will be selling homemade carrots cake and fresh squeezed carrot juice! Please stop by and say hello to the club members!

To all our CSAs – Thanks for returning/supplying us with brown paper bags to pack your shares in!



Gordon enjoying himself at a graduate student pot-luck!

THIS WEEK'S HARVEST:

- ◆ Nelson Carrots
- ◆ Early Girl Tomatoes
- ◆ Cougar Red Tomatoes
- ◆ Kale
- ◆ Parsley
- ◆ Red Norland Potatoes
- ◆ Desiree Potatoes
- ◆ Assorted Peppers
- ◆ Spaghetti Squash

Nutrition Facts

Serving Size 1 cup (155g)
Servings Per Container 4

Amount Per Serving

Calories 42 Calories from Fat 3

% Daily Value*

Total Fat 0g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 28mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Vitamin C 9%
Calcium 3%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Spaghetti Squash

OUTSTANDING SOIL STEWARD!

Gordon Toevs

Hometown:

Aberdeen, Idaho

What is your major at UI?

PhD, Soil Science

Why are you interested in organic agriculture?

I really enjoy the outdoors, growing vegetables and cooking and eating the finished product.

Favorite fruit or veggie?

I have many, but potatoes and garden tomatoes are close to the top of the list.

What are your major concerns about the world's food supply?

My major concern as we move toward the 'lowest cost producer' for farm commodities is the lack of oversight and regulation of farm chemicals, processing, storage and distribution. We have very little information in this area if the produce is grown outside the US and for me, that is a problem

What are your career goals/aspirations?

To be involved in public policy, natural resource regulations.

What do you enjoy most about being a member of the Soil Stewards?

Working out at the farm and eating the produce

Other hobbies and interests?

I enjoy spending time with family and friends, especially around a wonderful meal. I also enjoy mountain biking, camping, cooking and the great outdoors.

FROM THE SOIL STEWARD'S KITCHENS

Spaghetti Squash with Pomodoro Sauce

1 spaghetti squash (about 1 1/2 lb)
Vegetable-oil cooking spray
2 cloves garlic, peeled and minced
1 small onion, finely chopped
2 tsp olive oil
3-4 diced tomatoes
3 tbsp tomato paste
1 tsp white wine vinegar
1 tsp dried oregano
1 tsp dried basil
1/2 tsp red pepper flakes
Fresh basil

Preheat oven to 375°F. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook, stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

Weather means more when you have a garden. There's nothing like listening to a shower and thinking how it is soaking in around your green beans.

~Marcelene Cox