**SPAGHETTI SQUASH TACO SALAD**

*Recipe contributed by the McClintick family. They grew an abundance of spaghetti squash this year, and have been coming up with creative ways to use it!*  
   
Preheat oven to 350°F. Cut spaghetti squash in half lengthwise. Scrape out and discard seeds and membranes (or save the seeds to roast!). Place halves cut side down in a large baking dish; add a little water. Bake at 350°F for 45 to 50 minutes or until tender. When done, scrape out flesh with a fork. It should come out easily in spaghetti-like threads.  
  
Serve with any of the following condiments:  
  
Lettuce  
Tortilla chips  
Refried beans  
Shredded cheese  
Browned onions  
Sautéed green peppers  
Salsa

**WHIPPED RUTABAGA PUFF**

*Recipe contributed by the McClintick family, borrowed from*Better Homes & Gardens*. They planted some rutabagas in their garden, which seemed to be doing nothing for months. Then, while cleaning up the garden in the fall, they discovered they had grown into quite large roots! The rutabagas were nice in these sweet/savory puffs, which can also be made with turnips or parsnips.*  
  
1 pound rutabagas, peeled and cut up (3 cups)  
1/4 cup chopped onions  
2 Tbsp butter  
1 Tbsp sugar  
1/2 tsp salt  
dash pepper  
3/4 cup soft breadcrumbs (abt. 1 slice)  
2 eggs  
  
Cook rutabagas in small amount of boiling salted water till tender (25-35 minutes).  
Saute onions till soft.  
Drain rutabagas. Add butter, sugar, salt, and pepper; beat well with electric mixer or mash with a potato masher.  
Add bread crumbs and eggs; beat well.  
Turn into a lightly greased 1-quart casserole.  
Bake, uncovered, in a 375°F oven for 35 to 40 minutes.  
  
Makes 4 to 6 servings.

**Yoghurt**

**Ingredients:**

For 1 quart:

1 quart milk — I think whole milk works best for a nice thick yoghurt. Get the least processed option available. Buy local, when possible!

3-4 Tbsp plain yoghurt — You might be able to get a starter from a friend’s batch of yoghurt. If you’re buying it from the store, though, make sure it has no flavors or additives, and that it includes “live active yoghurt cultures” in the ingredients. The more strains of bacteria cultures, the better! Once you’ve made a batch of yoghurt, you can just use a few tablespoons for your next batch. You’ll never have to buy yoghurt again — and there’s no guilt about all those plastic tubs!

**Process:**

Set yoghurt out so that it comes to room temperature.

Gently heat milk to 180° F, stirring occasionally. Cool quickly to 110-115° F. (If you want, place the pot in a basin of ice water to cool it faster. A “skin” might form, but you can just stir it back in.)

While milk is heating, boil water and pour into clean jars and over jar lids.

Pour water out of jars. Add yoghurt and fill the rest of the way with milk. Stir gently and briefly. Put the lids on the jars.

Incubate jars at about 110° F for 8-12 hours. Do not disturb them during this time. We often use a small cooler and add water of the correct temperature until it comes about halfway up the jars, then close it up and leave it. Some people wrap the jars in towels and put them in the oven with the light on (just don’t forget and turn on the oven!). There’s no one way to do this.

After about 8 hours or so, the yoghurt should be set. There might be a bit of runny whey around the sides or on top, which is fine. If you like your yoghurt thick and on the tart side (I do!), leave it a bit longer.

*Note: We use raw whole milk, and heating it to 180° F pasteurizes it. The milk we use is so creamy there’s often a lovely thin layer of thick creamy yoghurt on top of our finished product that tastes like clotted cream — great on scones or banana bread*. :)

**APPLE BUTTER**

**Ingredients:**

Apples—you can use a variety for a more complex flavor.

Ground spices: cinnamon, cloves, allspice, nutmeg, etc.

Lemon juice and/or cider vinegar, optional, to taste

**Process:**

Core apples and cut in chunks (as long as apples are ripe, don’t bother peeling them. If they are less ripe, the peel can be bitter).

Put apple chunks in a large pot or slow cooker, and add a bit of water to cover the bottom so the apples don’t burn as they start to cook.

Over medium to medium-high heat, cook apples down, stirring occasionally.

Add spices to taste.

When apples are very soft and falling apart, blend to your desired consistency. Continue to simmer over low heat until desired thickness is reached. Taste and adjust spices as needed.

Enjoy!