



Potatoes



Corn



Eggs



Green Beans



Apples



Spaghetti Squash



Cabbage



Juliet Tomatoes



Peaches



Golden Beets



Leeks

### Half Share:

Potatoes, Corn, Eggs,  
Green Beans, Apples,  
and Spaghetti Squash

### COME SAY HELLO!

#### Wednesday

Farmstand @ 592 Chase Rd  
Noon - 6pm

#### Thursday

Falmouth Farmers' Market  
Noon - 6pm  
Farmstand @ 592 Chase Rd  
Noon - 6pm

#### Friday

Dartmouth Farmers Market  
1pm - 6pm  
Farmstand @ 592 Chase Rd  
Noon - 6pm

#### Saturday

Provincetown Farmers' Market  
9am - 3pm  
Farmstand @ 592 Chase Rd  
Noon - 6pm

#### Sunday

SoWa Open Market  
10am - 4pm  
Farmstand @ 592 Chase Rd  
Noon - 6pm

## Vegetable of the Week

### Spaghetti Squash

This unique vegetable produces thin, translucent spaghetti-like strands that can easily be scraped out with a fork after cooked. Not only is Spaghetti Squash a fun food, it's loaded with potassium, Vitamin C, Vitamin A, and other antioxidants. And - to add to the appeal - it's low in calories (only 40 calories in one cup cooked), fat, sodium, and carbohydrates.

We love [THIS](#) simple, illustrated recipe.

