

Wacky Macky: Farm-to-Table Mac & Cheese

A recipe inspired by East Meadow Farm's fall harvest and student creativity!

Farm-to-Table Story

Students explored seasonal ingredients grown and harvested right at East Meadow Farm. They taste-tested fresh butternut squash, local apples, herbs from the demonstration garden, and Long Island dairy cheeses. After learning how flavors and textures work together, each group created their own farm-to-table mac and cheese recipe. The winning creation, Wacky Macky, combines creamy butternut squash, roasted apples, and herbs for a delicious twist on a classic dish! The roasted butternut squash not only added creaminess but also gave the mac and cheese a beautiful natural orange color, no artificial dyes needed!

Ingredients

For the Roasted Base:

- 2 cups butternut squash, peeled and cubed
- 1 large apple (Honeycrisp or Fuji), cored and cubed
- 2 tbsp melted butter
- 1 tsp fresh rosemary, minced
- 1 tsp fresh thyme leaves

For the Sauce:

- 3 tbsp butter
- 3 tbsp flour
- 2 cups whole milk
- ½ cup cream cheese
- 1 cup smoked gouda, shredded
- 1½ cups sharp cheddar, shredded
- 2 tbsp parsley, chopped (plus more for garnish)

For the Pasta:

- 1 lb elbow macaroni

Instructions

1. Roast the Veggies & Fruit

Preheat oven to 400°F. Toss squash and apple cubes with melted butter, rosemary, thyme. Roast 25–30 minutes until golden and soft. Mash lightly.

2. Cook the Pasta

Boil salted water and cook pasta until al dente. Drain and set aside.

3. Make the Sauce

Melt butter in a large pot over medium heat. Whisk in flour and cook 1 minute. Gradually whisk in milk and cream until thickened. Stir in roasted squash and apple purée. Add gouda and cheddar, stirring until smooth. Season with salt, pepper, and nutmeg. Stir in parsley.

4. Combine & Bake (Optional)

Mix sauce with pasta and pour into a greased 9x13" dish. Top with breadcrumb mixture if desired. Bake at 375°F for 15–20 minutes until bubbly and golden.

5. Serve & Celebrate

Garnish with parsley and enjoy your Wacky Macky!

Local Ingredients Spotlight

Butternut Squash – grown at East Meadow Farm

Apples – sourced from local New York orchards

Cheese – New York State dairy farms

Herbs – from our demonstration garden