

THE GRAZER

August 31, 2017



A Letter From Your Farmers

Monday, August 28

Seems like it's trying to rain again today. We have gotten rain every day for the last four days. Now we really need some sunshine and warm weather to color your peppers! Most are still green in the field. It would make us very happy if we could send you an abundance of sweet yellow, red, orange, & purple peppers. And melons!- based on when we planted the cantaloupe and watermelon, you should've been enjoying them both for several weeks already! We hope that they, and the tomatoes, don't become too wet in the fields, and succumb to blight.

Of course, there are some crops that thrive in this cool, wet weather- the fall spinach is looking beautiful, and should be ready soon.

This week you will get the first winter squash, so we're reminded of what is coming! We'll be throwing wood on the fire to keep the house warm in no time. There are many things to be done before winter. Thousands of winter squash to pick up, potatoes to dig, cabbage to cut off. We've just finished the final transplanting of broccoli, cauliflower, and radishes to our fields.

Though conditions weren't the best for broccoli and cauliflower this summer, we hope we'll be able to send you lots of both this fall. Cross your fingers for the "right" weather!

Best wishes to you all- keep enjoying those veggies while they keep coming! Farmer Aden

May be ready next week: Cantaloupe????!!

"The garden suggests there might be a place where we can meet nature halfway."

-Michael Pollan

What's in today's boxes:

In Full Shares (3/4 bushel)

- Spaghetti Squash
- Sweet Corn
- Red Beets with tops
- Swiss Chard
- Orange Carrots
- Mixed Pepper Varieties
- Heirloom and/or Slicer Tomatoes
- Heirloom Cherry Tomatoes
- Yellow Onions
- Parsley
- Apple Butter

In Small Shares (1/2 bushel)

- Spaghetti Squash
- Sweet Corn
- Swiss Chard
- Orange Carrots
- Heirloom Tomatoes
- Red/Yellow Onions
- Apple Butter

[Click below for produce info:](#)

[August 31 Storage & Prep Tips](#)

[Inside this issue:](#)

Page 2: Recipe Links & Farm Photos

Recipe links from the Urban Grazer Recipe Library to help you enjoy all the fabulous veggies in your box!

Beet greens and Swiss chard are interchangeable and compatible, so supplement or substitute at will! Both can also be used as a spinach substitute too.

Entrees:

- [Spaghetti Squash Tacos](#)
- [Twice-Baked Spaghetti Squash Bowl](#)
- [Spaghetti Squash with Ham & Maple Syrup](#)
- [Cheesy Spaghetti Squash "Mess"](#)
- [BBQ Chicken Pizza w/ Corn, Onions, & Peppers](#)
- [Swiss Chard Tart](#)
- [Swiss Chard Skillet Frittata](#)
- [Beet and Onion Pizza](#)
- [Beets, Greens & Quinoa w/ Garlic Yogurt Sauce](#)
- [Bowtie Pasta w/ Beets & Greens](#)

Misc:

- [Beet Salsa](#)
- [Chocolate Beet Brownies](#)
- [Swiss Chard Stem Quick Pickles](#)

August 31 Recipe Ideas

Soups:

- [Borscht](#)

Salads:

- [Tomato Wild Rice Salad](#)
- [Warm Beets & Greens Salad w/ Maple Walnuts](#)
- [Corn, Tomato, and Black Bean Salad](#)
- [Quinoa Salad w/ Peppers & Cherry Tomatoes](#)
- [Rainbow Chard Salad](#)

Want more ideas?

Click link below to access to all Urban Graze recipes:

[Urban Grazer Recipe Library](#)

To use the library:

- Click on the "Get Cookin'" Tab
- Best search method: in column on the right side of page, click on the veggie name of your choice to access recipes using that veggie

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This week On Your CSA Farms

