

THE GRAZER

July 13, 2017



"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth." -Henry David Thoreau

What's in today's boxes:

In Full Shares (3/4 bushel)

Snow Peas
 Summer Squash, mixed varieties
 Lacinato Kale
 Green Cabbage
 Head &/or Leaf Lettuce
 Orange Carrots
 Pink Beauty Radishes
 Candy Onions
 Basil
 Red or Black Raspberries
 Sheep's Milk Cheese Curds

In Small Shares (1/2 bushel)

Shelling Peas
 Summer Squash, mixed varieties
 Green Beans
 Head &/or Leaf Lettuce
 Salad Turnips
 Fennel
 Raspberries

**[Click below for produce info:
July 13 Storage and Prep Tips](#)**

Inside this issue:

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 • **Recipe Links for This Week's Produce**

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***May be ready by 7/20: Cucumbers,
Green Beans, Broccoli, Cauliflower***

A letter from your farmers

The rain missed us again last night. A nice rain would be very welcome, though our fields look very healthy. Everything is looking so green right now. Vegetables are a little behind schedule this year, but they will be coming in fast soon.

Wonder how all of you are liking your CSA boxes? If you have any problems, please don't hesitate to let us know. We want to meet your needs. We expect your vegetables to be in the box the way we put them in. If they become bruised or upside down in transit, please tell us, so that we can work on that.

What could be better for our bodies than the good nutritious vegetables that are grown in organic soil?! Last week I was working the ground that we will plant with produce next year. I "disced down" oats and peas that had grown about 2' tall, and then planted buckwheat into that same ground.

Do you know why we do this? This is why. By working a lot of oats, peas, buckwheat, and tillage radishes into the soil, the soil becomes much better than it was, which makes the vegetables much sweeter, nicer, -and we have less bug problems. It is the most natural way to get the soil working great!

Thank you to all who are eating our vegetables! Enjoy eating them as much as we enjoy packing them.

So long until next time, Farmer Aden

- *White Hakurei salad turnips are terrific in salads and cooked dishes*
- *Cut snow peas in half, substitute for snap peas*
- *Use carrot tops in place of parsley*

Entrees:

- [Summer Strata](#)
- [Asian Veggie Pasta Salad Bowl w/Spicy Almond Sauce](#)
- [Beef and Snow Peas](#)
- [White Fish Tacos](#)
- [Chicken Kale and Lentil Dinner Bowl](#)
- [Fish with Kale and Roasted Carrots](#)

Sides:

- [Stuffed Zucchini Boats](#)
- [Sauteed Zucchini Matchsticks](#)
- [Stir Fried Snow Peas](#)
- [Layered Lentil and Cabbage Gratin](#)

Salads:

- [Radish Vinaigrette](#)
- [Coleslaw Template](#)
- [Cabbage and Greens Salad](#)
- [Asian Cabbage and Pea Slaw](#)
- [Cabbage Pea and Radish Slaw](#)
- [Many Greens Shredded Salad](#)
- [Fennel Slaw](#)

Soups:

- [Zucchini Basil Soup](#)

Snacks:

- [Pea-Basil Pesto Dip](#)
- [Zucchini Roll Bites](#)
- [Low-Fat Zucchini Bread](#)

July 6 Recipe Ideas

Previously highlighted recipes that would also be great choices for this week's box:

Entrees:

- [Easy-Bake Spring Veggie Risotto](#)
- [Grilled Chicken and Zucchini Kababs](#)
- [Spring Pasta Primavera with Pea Cream](#)
- [Fried Rice with Spring Veggies](#)

Salads:

- [Kale Caesar Salad](#)
- [Fennel and Parmesan Salad](#)
- [Ribbon-Shaved Zucchini & Cheese Salad](#)
- [Greens, Peas, and Radish Salad](#)
- [Rustic Grilled Kale Salad](#)
- [Tuna Salad with Fennel and White Beans](#)

Sides:

- [Mushy Peas in Cream](#)

Snacks:

- [Pea Hummus](#)
- [Table Radishes with Seasoned Salts and Butter](#)
- [Radish Brushetta](#)

Accoutrements:

- [Kale Pesto](#)

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
- Or, enter key words in the "search site" box—
Note: this method is not my first choice, since it can be quirky in what it brings up.



Taking a rest after helping to make all that cheese!



Why DIDN'T the chicken cross the road?!

This week on your CSA farms