

THE GRAZER

September 7, 2017



A Letter From Your Farmers

Monday, September 4

Dear CSA Members,

A beautiful September morning here on the farm!
The sun is shining and warm— a nice change!

We hope you enjoyed your apple butter last week. I plan to make some applesauce for our family to enjoy this winter with some of the remaining fruit from our trees. This will be keeping me busy canning. The pears are beginning to ripen too, and I hope we'll have a bountiful harvest, so that we can share some with you.

Today is the first day of school, and the children are very excited to return. Many mothers are certainly missing their cheery little helpers.

Amidst our happiness, we have had some sadness this week too. Last Friday was the funeral of my dear grandmother. We miss her deeply already; she was 83 years old.

Time now to gather delicious brown eggs, and enjoy some time in the field while the weather is so pleasant.

I hope you find delight in your nutritious produce! Elizabeth

May be ready next week: cantaloupe?????!! ☺

"Life starts all over again
when it gets crisp in the fall."

- F. Scott Fitzgerald

What's in today's boxes:

In Full Shares (3/4 bushel)

- Red Kuri Winter Squash (1 lg. or 2 sm)
- Green Beans
- Mixed Summer Squash
- Romaine or Leaf Lettuce
- Orange Carrots
- Red Radishes
- Cucumbers
- Sweet Red Carmen Peppers +minis
- Heirloom Tomatoes
- Red and Yellow Cipollini Onions
- Lemon Balm & Mint
- Croutons

In Small Shares (1/2 bushel)

- Red Kuri Winter Squash (1 lg. or 2 sm)
- Green Beans
- Romaine or Leaf Lettuce
- Orange Carrots
- Red Radishes
- Cucumbers
- Sweet Red Carmen Pepper + minis
- Heirloom Tomatoes

[Click below for produce info:](#)

[September 7 Storage & Prep Tips](#)

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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!

Radishes become sweet and mild when oven or pan roasted! Add to dishes with other roasted/cooked veggies.

Lemon balm adds brightness to your dishes- snip into salads, dips, dressings, chicken, fish, and veggie recipes, muffins.

Entrees:

- [Simple Summer Squash & Tomato Stew](#)
- [Stovetop Chicken w/ Winter & Summer Squash](#)
- [Tomato & Crouton Stuffed Summer Squash](#)
- [Winter Squash & Vegetable Gratin](#)
- [Grilled Chicken, Beans, & Heirloom Tomatoes](#)
- [Spicy Shrimp & Green Beans](#)
- [Toasty Stuffed Veggie Sub Sandwiches](#)
- [Quesadillas w/ Peppers & Winter Squash Puree](#)
- [Salmon Burgers w/ Cucumber Slaw](#)
- [Stovetop Chicken Thighs w/ Radishes & Carrots](#)

Soups:

- [Cucumber Tomato Gazpacho](#)

Salads:

- [Lemon-Carrot-Apple-Walnut Salad](#)
- [Smr Squash & Peppers w/ Celery Seed Dressing](#)
- [Chinese Chicken Salad](#)
- [Tomato Wild Rice Salad](#)
- [Bell Pepper & Green Bean Fajita Salad](#)
- [Grilled Zucchini & Green Bean Salad](#)
- [Lemon Garlic Green Bean Salad](#)
- [Mediterranean Bell Pepper Salad](#)
- [Taco Salad](#)
- [Veggie Salad w/ Spiced Garbanzos](#)

September 7 Recipe Ideas

Sides

- [Beans with Lemon & Peanuts](#)
- [Green Beans w/ Warm Bacon Vinaigrette](#)
- [Roasted Green Beans](#)
- [Green Beans & Caramelized Onions](#)
- [Honey Roasted Mint Carrots](#)
- [Mediterranean Sauteed Carrots](#)
- [Sauteed Summer Squash w/ Coriander & Mint](#)
- [Greek Tzatziki](#)

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

Click below for produce info:

[September 7 Storage & Prep Tips](#)

This week On Your CSA Farms

