

THE GRAZER

July 5, 2018

Click on link below for info on this week's produce:

[July 5 Produce Storage & Prep Tips](#)

Page 2: Recipe Links and Ideas

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"The wealth of the nation is its air, water, soil, forests, minerals, rivers, lakes, oceans, scenic beauty, wildlife habitats and biodiversity... that's all there is. That's the whole economy. That's where all the economic activity and jobs come from. These biological systems are the sustaining wealth of the world." *-Gaylord Nelson*



July 5, Week Three

Use first

- Kohlrabi & Fennel, if leftover from previous weeks (flavor de-grades with time) Click on links for recipes: [Kohlrabi Recipes](#) [Fennel Recipes](#)
- Raspberries, Peas, Lettuce

Favorites (from recipes on next page)

- Dilly Green Beans
- Wild Rice Salad with Snap Peas & Greens
- Asian Chicken Salad
- Any of the Potato & Green Bean Salads
- Potato Kale Casserole or any Oven Dinner

Take a twist

- If you have one, put your spiralizer to use on carrots & zucchini
- Use zucchini as a wrap, in a dip, or on a kabob

Quick tips

- No need to peel carrots or potatoes
- Use carrot tops like parsley (makes great pesto!)
- For 1/2 Bushel Shares— see tip on using pods: [Pea Cream and Pasta Primavera](#)

3/4 and 7/8 Bushel Produce Shares

- Sugar Snap Peas
- Green and/or Yellow Summer Squash
- Green and/or Yellow Beans
- Lacinato Kale
- Buttercrunch Lettuce
- Red or Russet Potatoes
- Orange Carrots –small first taste!
- Candy Onions
- Dill
- Raspberries
- Strawberry Jam

1/2 Bushel Produce Shares

- Shelling Peas
- Green and/or Yellow Summer Squash
- Lacinato Kale
- Green and/or Yellow Beans
- Romaine Lettuce
- Red or Russet Potatoes
- Raspberries



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July 5 Recipe Ideas

Selections from the Urban Graze Recipe Library chosen for this week's produce.

Click this link: [Urban Graze Recipe Library](#) to access the full Urban Graze Recipe Library for lots more ideas!

Click on the Green "Get Cookin'" Tab

- Best search methods:
 - In column on the right side of page, click on the veggie name of your choice to access recipes using that veggie
 - Enter key words in the search box- e.g. the list of different veggies you want to use in a recipe

7/5 Links to Recipes from Urban Graze Recipe Library

(Generally, recipes are for 2-4, but most are easily adaptable)

Stir Fry, Skillet, & other Stovetop Dinners

- [Peanut Chicken Stir Fry with Snap Peas](#)
- [Snap Pea Risotto](#)
- [Spicy Shrimp and Green Beans](#)
- [Chicken, Greens, & Potato Hash](#)

Sandwiches, Wraps, Tacos

- [Zucchini Roll Bites](#)

Pasta

- [Pea Cream and Pasta Primavera](#)

Grill

- [Grilled Chicken & Summer Squash Kabobs](#)

Oven Dinners

- [Potato Layered Casserole Stew](#)
- [Salmon & Veggies with Sesame-Soy Glaze](#)
- [One Dish Roasted Chicken & Veggie Dinner](#)
- [Fish with Kale & Carrots](#)

Soups & Stews

- [Summer Squash & Dill Cheese Soup](#)
- [Potato Pea Soup](#)

Eggs

- [Potato and Zucchini Hash with Eggs](#)

Grains and Greens Bowls

- [Wild Rice Salad with Snap Peas & Greens](#)

Salads

- [Grilled Zucchini & Green Bean Salad w/ Tahini Dressing](#)
- [Snap Pea Salad with Warm Vinaigrette](#)
- [Asian Vinaigrette for Crisp Spring Salads](#)
- [Mustard Dill Potato Salad](#)
- [Mom's Potato Salad](#)
- [Smashed Potato Salad on Wilted Greens](#)
- [Roasted Potato & Green Bean Salad](#)
- [Grilled Tuna, Potato and Green Bean Salad](#)
- [Warm Potato and Green Bean Salad](#)
- [Marinated Kale and Green Bean Salad](#)

Sides & Misc.

- [Dilly Green Beans](#)
- [Zucchini Dill Side Salad](#)
- [Raw Zucchini Hummus](#)
- [Creamy Potato Kale Casserole](#)
- [Skillet Dill Potatoes with Greens](#)
- [Skillet Herbed Summer Squash](#)

Treats

- [Low-Fat Zucchini Bread](#)
- [Veggies-Are-Treats-Too! Muffins](#)

A Letter From Your CSA Farmers

Greetings! We are having such lovely weather that it looks quite possible we'll be having "bumper" crops—which means EXTRA large harvests— it's wonderful! Right now, it looks like the plants have all they need.

Wednesdays are the best day of the week for me! Can you guess why?! Well, that's when we pick in the late, cool part of the day for the CSA. Then we assemble the boxes, and tuck them neatly into the ice house. We really enjoy the fellowship of being together in the packing shed, as we carefully fill your boxes with fresh produce from our fields. It's kind of like a jigsaw puzzle! There's great joy and satisfaction in shipping your produce— it's the culmination of many months of preparing the soil, planting, tending, and weeding. We hope you're enjoying eating your goodies as much as we are enjoying growing them for you!

The cute, frolicking actions of baby bunnies, kitties, and colts continue to provide us with entertainment. Someday the kittens will learn to chase mice, and the colts will learn their important role on the farm too. For now, they are having lots of fun, enjoying life in the great outdoors.

Best wishes until next time! Thanks for your support of our family farms. Rachel

What will be ready to harvest next week???

Here's what might be in your box July 12:

- Shelling Peas
- Cauliflower
- Broccoli
- Green/Yellow Beans
- Cabbage
- Chard
- Cucumbers
- Radishes
- Kohlrabi
- Raspberries?
- Blueberries?