

# THE GRAZER

October 11, 2018



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

## [October 11 Produce Storage & Prep Tips](#)

Page 2: Recipe Links and Ideas  
Page 3: Farm Letter and Photos

## October 11, Week Seventeen

### Hot Peppers

In your box this week, you are getting a variety of our CSA farms' most popular hot peppers- Anaheim, Poblano, and Jalapeno (the ones most requested by their wholesaler customers). All are in the mild-medium category- no surprise, with so many mild-food loving Minnesotans!

Generally speaking, young, smooth, green hot peppers are milder than riper, red hot peppers. The older, the hotter. The very hottest are those that have little white "stretch marks". Hot pepper seeds carry a *lot* of heat, so you'll likely want to remove them.

Always wear gloves when handling hot peppers, and keep your hands away from your eyes and face.

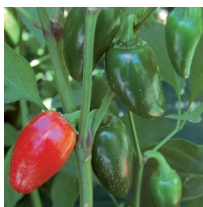
More info inside the Storage and Prep Tips Sheet above, including freezing tips- super easy, no need to blanch or chop, just throw in a bag.



#### Anaheim

Long; thick walls. Green, to red. Great stuffers.  
Mild-medium heat. Slightly sweet flavor. Very versatile.

To peel skin: char over flame, then place in paper bag a few min. to steam.  
Roast, slice/dice, add to salads, salsas, cooked dishes.



#### Jalapeno

Small, pod shaped. Green, to red.  
Mild-medium heat.

Slightly bright flavor make them a great addition even to salads and sandwiches.



#### Poblano

Large, heart shape. Green, to red-brown.  
Mild-medium heat. Slightly earthy-smoky flavor.  
When dried, is called an ancho;  
when dried *and* smoked, is a chipotle.

### 3/4 and 7/8 Bushel Produce Shares

- Kabocha & Acorn Winter Squash
- Red &/or Gold Beets
- Fairytale Eggplant
- Red Curly Kale
- Butterhead Lettuce
- Orange Carrots
- HOT Peppers
- Sweet Potatoes
- Kennebec Potatoes
- Red Onion
- Honeycrisp Apples
- Granola

### 1/2 Bushel Produce Shares

- Kabocha & Acorn Winter Squash
- Fairytale Eggplant
- Butterhead Lettuce
- Sweet Potatoes
- Kennebec Potatoes
- Orange Carrots
- Honeycrisp Apples

*Next week: We hope to send Broccoli and Kohlrabi; we'll wait to see what Mother Nature will allow. Other produce likely to be in your 10/18 box: Butternut Squash, Brussels Sprouts, Lacinato Kale, Red Cabbage, Rainbow Carrots, Pumpkin, Red Potatoes, and a few surprises!*

### Food For Thought

"I have no other wish than a close fusion with nature and I desire no other fate than to have worked and lived in harmony with her laws". - *Claude Monet*

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## October 11 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!

**IMPORTANT:** Click on the Green "Get Cookin'" Tab (full screen computer optimal, as this tab is not visible on some phones)

- 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

### 10/11 Links to Recipes from Urban Graze Recipe Library

#### Oven Dinners

- [Squash and Kale Gratin](#)
- [Kale and Rice Stuffed Squash](#)
- [Easy Baked Squash and Kale Risotto](#)
- [Fish with Kale and Roasted Carrots](#)
- [Eggplant Caponata](#)
- [Deconstructed Eggplant Parmesan](#)
- [Roasted Squash with Wild Rice](#)
- [Chili Chicken Stuffed Squash](#)

#### Misc. Dinner

- [Grains & Greens Bowl w/ Beets & Carrots](#)
- [Warm Beet and Kale Salad](#)
- [Chicken, Kale and Lentil Dinner Bowl](#)

#### Pasta

- [Bow-tie Pasta with Beets and Greens](#)
- [Rigatoni with Kale and Italian Sausage](#)
- [Spaghetti with Garlic-Rosemary Roasted Squash](#)

#### Pizza/Flatbreads

- [Beet and Onion Pizza](#)
- [Squash and Potato Pizza](#)

#### Wraps, Tacos, Sandwiches

- [Beet Reubens](#)
- [Maple Pecan Sweet Potato & Kale Burgers](#)

#### Soups & Stews

- [Kale and Lentil Stew](#)
- [Winter Squash Apple Soup](#)
- [Autumn Chicken Stew](#)
- [Tuscan Kale Soup](#)

#### Salads

- [Beet Salad w/ Cheddar, Pistachios & Balsamic Vinaigrette](#)
- [Beets & Greens Salad w/ Fig Jam Vinaigrette](#)
- [Beets & Greens Salad w/ Walnuts, Cranberries & Feta](#)
- [Warm Beets & Greens Salad with Maple Walnuts](#)
- [Beet & Carrot Borscht Salad](#)
- [Kale, Apple & Beet Salad](#)
- [Carrot and Beet Slaw](#)
- [Lemon Carrot Apple & Walnut Salad](#)
- [Sweet Kale Salad with Almonds and Dried Fruit](#)
- [Grated Raw Squash & Apple Salad](#)
- [Winter Squash Salad Dressing](#)

#### Sides & Misc.

- [Hot Pepper Salsa with Apples and Onions](#)
- [Beet and Apple Salsa](#)
- [Roasted Squash with Hot Pepper Vinaigrette](#)
- [Mashed Potatoes and Squash](#)
- [Kale Mashed Potatoes with Goat Cheese](#)
- [Creamy Potato Kale Casserole](#)
- [Balsamic Roasted Squash](#)
- [Layered Beet and Potato Gratin](#)
- [Basic Autumn Roasted Root Veggie Medley](#)
- [Roasted Veggies with Apples and Rosemary](#)
- [Maple Roasted Vegetable Medley](#)
- [Eggplant Kalamata Tapenade](#)
- [Braised Kale with Ginger](#)
- [Kale Pesto](#)
- [Sweet Potato Skin Fries](#)
- [Sweet Potato Biscuits](#)
- [Acorn Squash with Apple Relish](#)

#### Treats

- [Baked Apples](#)
- [Chocolate Beet Brownies](#)
- [Sweet Potato Parfaits](#)
- [Easy Sweet Potato Pie](#)

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## A letter from your CSA farmers

It is looking like it might be another wet day. Our boots are lined up in a row by the front door, and are quite a muddy sight. They look cheery in their own way— proof of good work and fun outdoors.

I hung the laundry out early while it was breezy, and there was a break in the drizzle. I am hoping it will dry before the next rain shower this afternoon. But if need be, it can always be hung inside tonight, near the wood burning stove.

Time spent at the table or in our chairs near the stove in this blustery weather brings us a cozy family feeling. With the new baby, I am most often in the rocker. After supper and the barn chores, the children play and read with us by lantern light before bedtime.

Our pantry shelves are lined with pretty jars of tomatoes, vegetables, sauces, soups, pickles, jams, and so much more. Our root cellar is full too. It is very satisfying, and am glad that I got as much done as I did before the baby came. Now, we're set for the winter.

We are happy this week to be sending you lots of vegetables that keep well for at least a week or two, many longer, even if you don't have a root cellar.

October is a great time to make soups and casseroles; consider putting a couple of containers into the freezer. It'll be a special treat on a blustery January evening, and provide you extra time to read your own favorite book by the fire.

We say goodbye to those of you who get every other week shares on "odd" weeks. We wish to thank you for your support of our families and farms this year. It means a lot to us that we have the opportunity to send the organic food we've raised, directly to you— our true partners.

Hope you enjoy all of your produce!  
Your CSA farmers.