

THE GRAZER

October 4, 2018



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

[October 4 Produce Storage & Prep Tips](#)

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

October 4, Week Sixteen

A few thoughts and top recipe picks for this week
Recipe links on the next page

Try roasting your vegetables— Brussels Sprouts, carrots, peppers, even beans and apples become extra sweet and tasty when roasted. Instructions on next page. Very simple, very good.

A quick stovetop dinner would be a good choice this week, such as:

- [Spicy Shrimp and Green Beans](#)
- [Beef and Brussels Sprouts Stir Fry](#)
- [Stovetop Ginger Chicken with Brussels Sprouts](#)

Have a prepared pizza crust in your cupboard?

Thin slices of roasted winter squash, shaved Brussels sprouts, peppers, and leeks make excellent pizza toppings. Simply brush crust with olive oil, and scatter with autumn veggies of your choosing, sprinkle on a little cheese, (plus optional spices/seasonings like rosemary, thyme, garlic), and boom! Dinner is ready to go. This recipe features a great combination of flavors. [BBQ Chicken Pizza with Peppers and Onions](#)

Combining veggies and fruit is very autumnal— carrots, squash, Brussels sprouts, and celery all pair really well in salads with apples, pears, and other fruit— even dried fruit. Several recipes on next page. Roasting them together is another terrific way to enjoy fall vegetables and fruit— apples are a wonderful addition to a roasted veggie medley such as: [Roasted Veggies with Apples and Rosemary](#) . And one of our favorite autumn brunch recipes is [Squash with Apple Relish](#).

Regarding baking winter squash- My husband reminded me this week that it works just fine to simply stab a hard winter squash all the way through with a knife -just enough to make a good 1"-2" slit so steam can escape, and keep the squash from exploding as it roasts. Do place it on a baking sheet, pan, or casserole dish. If you're struggling with a very hard squash, pound the back of your knife with a mallet or hammer to help push it in. You can always scoop out the seeds after it's cooked, and it's so much easier to slice soft, baked squash.

3/4 and 7/8 Bushel Produce Shares

- Buttercup Winter Squash
- Brussels Sprouts
- Green and Yellow Beans
- Iceberg Lettuce
- Carrots
- Mixed Sweet Peppers
- Celery
- Leeks
- Garlic
- Yellow Onion
- Haralson Apples
- Tomato Basil Egg Noodles

1/2 Bushel Produce Shares

- Butternut Winter Squash
- Brussels Sprouts
- Green and Yellow Beans
- Romaine Lettuce
- Carrots
- Haralson Apples
- Tomato Basil Egg Noodles

Food For Thought

"There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been."

-Percy Bysshe Shelley

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October 4 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

10/4 Links to Recipes from Urban Graze Recipe Library

Oven Dinners

- [Roasted Squash with Wild Rice](#)
- [Chili Chicken Stuffed Squash](#)
- [Pork and Winter Squash Frittata](#)

Misc. Entrees

- [Spicy Shrimp and Green Beans](#)
- [Beef and Brussels Sprouts Stir Fry](#)
- [Stovetop Ginger Chicken with Brussels Sprouts](#)
- [Wild Rice with Brussels Sprouts and Squash](#)

Pasta

- [Spaghetti with Garlic-Rosemary Roasted Squash](#)
- [Penne Pasta with Roasted Bell Peppers](#)

Pizza/Flatbreads

- [BBQ Chicken Pizza with Peppers and Onions](#)

Wraps, Tacos, Sandwiches

- [Quesadillas with Bell Peppers & Squash Puree](#)

Soups & Stews

- [Very Easy Chicken Noodle Soup](#)

Salads

- [Celery Apple Waldorf Salad](#)
- [Celery Apple and Blue Cheese Salad](#)
- [Pear and Celery Salad](#)
- [Three Brussels Sprouts Salad Ideas](#)
- [Carrot and Dried Fruit Salad](#)
- [Lemon Carrot Apple & Walnut Salad](#)
- [Grated Raw Squash & Apple Salad](#)
- [Winter Squash Salad Dressing](#)
- [Bell Pepper and Green Bean Fajita Salad](#)
- [Lemon Garlic Green Bean Salad](#)

[Acorn Squash with Apple Relish](#)– substitute with Buttercup Squash, a delicious recipe!

Sides & Misc.

- [Winter Squash with Leeks](#)
- [Leeks with Mustard Vinaigrette](#)
- [Fun & Frizzy Leeks](#)
- [Green Beans with Bacon Vinaigrette](#)
- [Steamed Beans with Almonds](#)
- [Roasted Brussels Sprouts](#)
- [Roasted Veggies with Apples and Rosemary](#)
- [Roasted Carrots and Beans](#)
- [Roasted Green Beans](#)
- [Quick Garlic Soy Green Beans](#)
- [Skillet Brussels Sprouts and Carrots](#)
- [Shaved Stovetop Brussels Sprouts w/ Mustard Sauce](#)
- [Maple Roasted Vegetable Medley](#)

Treats

- [Cinnamon Apple & Squash Bread](#)
- [Baked Apples](#)
- [Easy Apple Crisp](#)
- [Apple Butter and Applesauce](#)

Have Potatoes &/or Cabbage to use up from last week?

- [Crushed Garlic Potatoes with Leeks](#)
- [Squash and Potato Autumn Stew](#)
- [Basque Soup](#)
- [Squash and Potato Pizza](#)
- [Asian Style Sauteed Cabbage and Squash](#)
- [Warm Potato and Green Bean Salad](#)
- [Potato and Green Bean Salad with Walnut Dressing](#)
- [Roasted Potato & Green Bean Salad w/ Yogurt Mustard Dressing](#)
- [Potato and Veggie Casserole Stew](#)

We're hoping that it warms up enough to give the broccoli and cauliflower a much needed boost. -At the same time, pleasant and moderate enough temperatures for the greens, and dry enough weather for the root vegetables such as carrots, parsnips, beets, celeriac, and potatoes to thrive! Wouldn't that be perfect?!?

All these vegetables, and so much more, are still in our fields. We're hoping Mother Nature helps us out these last few weeks!

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A letter from your CSA farmers

It may *look* kind of dreary, but we are cheery as we send greetings your way!

We sure have had a wet early fall; but we take what comes, as there's really no other way!

Word is that some of the fields in low lying areas have already had a hard frost. So the race is now on to get the last of the winter squash gathered, along with anything else that won't tolerate a freeze. It is an exhilarating time of year, and we have a lot to do before winter arrives!

Many of our late season crops have been struggling with this cold, wet weather. It was not a good onion year, (we've tried to sort the best for you, but we apologize if you might have gotten one that was a little soft in the middle), and some of our other root type vegetables have rotted right in the field before they were ready to pick- the soil is so very wet. We really hope to get a nice warm, dry spell this next week!



Fortunately, even though it might not be exactly what we had planned, there'll be plenty of produce for you this fall yet! For example, who would have ever thought we'd be able to send you one more week of beans?! And Iceberg lettuce! We are so delighted to send these! Each week, what will be ready to go into your box is often something of a surprise for us, just like it is for you!

There are so many joys in our lives on the farm. We are most grateful to get to work together as a family. It may seem as though we're always doing some kind of chore, but we really enjoy our work, and also like sharing meals, walking in nature, and just having fun, as we treasure each day together.

Regardless of what the weather and other circumstances may bring, we take satisfaction in knowing we have done our very best to raise healthy food in a responsible way. We appreciate your partnership in helping to make this possible! We hope you enjoy your box this week! Your CSA farmers