

# THE GRAZER

November 15, 2018



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

[November 15 Produce Storage & Prep Tips](#)

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

## November 15

A Thanksgiving box to be sure! So much to be thankful for—our boxes are jam packed today with holiday staples and treats!

Time for gathering with our friends and families, and sharing the bounty of our CSA produce. There are few better ways to show how much we care about each other than to share food.

Both Russets and Sweet Potatoes are beloved for their versatility and yumminess at this time of year. They'll be luscious simply baked, or transformed into your creamy favorite recipes for entertaining. For a very pretty, festive twist on basic mashed potatoes, try swirling in some mashed winter squash.

Our farmers have bestowed us with a terrific array of winter squashes today. In the Produce Storage/Prep Tips sheet (link above right), are ideas for ways to use these different varieties.

I'm also super excited to get Chioggia Beets. I'll be matchstick cutting some of them— I think they'll look just like mini candy canes! And wouldn't they be fun beet chips? Regardless of how you chop/shave/spiralize them, they'll be a sure-fire showstopper.

Napa Cabbage is another amazing treat. It is wonderfully crisp and mild, with a slightly unique flavor which sets it apart from other cabbages. A perfect complimenting side to some of our heavy holiday dishes.

And, if you can keep yourself from immediately roasting and snarfing down those fab Brussels Sprouts, they'd make a really tasty salad when shaved or thin-sliced.

Thank you for being a part of our CSA family this season. Together we've all created an incredible community. We're impactful, promoting healthy food, land stewardship, and goodwill; making the world better today, doing what we can for tomorrow. I'm so grateful to each of you for your support and commitment.

Happy Thanksgiving! Liz

## Produce and Pantry Shares

- Mixed Winter Squash  
*Acorn, Butternut, Delicata, Spaghetti*
- Brussels Sprouts on the stalk
- Napa Cabbage
- Russet Potatoes
- Sweet Potatoes, mixed varieties
- Chioggia Beets
- Rainbow Carrots
- Orange Carrots
- Yellow Keeper Onions
- Garlic
- Dried Thyme
- Dried Sage
- Bread Cubes for Stuffing
- Dinner Rolls
- Pumpkin Apple Bread
- Egg Noodles
- Pumpkin Pie

## **Food For Thought**

"Gratitude is not only the greatest of virtues,  
but the parent of all others."

-Cicero

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## November 15 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

### 11/15 Links to Recipes from Urban Graze Recipe Library

**NOTE:** Hover mouse over recipe name below, right-click, then click on "Open Hyperlink"

#### Entrees

[Turkey Pot Pie with Sweet Potato Biscuits](#)  
[Sweet Potato-Maple Pecan Burgers](#)  
[Autumn Vegetable Shepherd's Pie](#)  
[Stovetop Ginger Chicken with Brussels Sprouts](#)  
[Winter Squash Lasagne](#)  
[Spaghetti Squash Tacos](#)  
[Chili Chicken \(or Turkey\) Stuffed Squash](#)  
[Quinoa Bowl w/ Butter Roasted Squash & Carrots](#)  
[Potato & Winter Squash Pizza](#)  
[Beet and Onion Pizza](#)

#### Soups & Stews

[Basque Cabbage & Squash Soup](#)  
[Squash and Potato Stew](#)  
[Wild Rice and Winter Vegetable Soup](#)  
[Butternut Apple Soup](#)  
[Carrot Ginger Soup](#)

#### Breakfast and Treats

[Acorn Squash with Yogurt and Apple Relish](#)  
[Sweet Potato Pie](#)  
[Sweet Potato Cranberry Bread](#)

#### Salads

[Warm Root Vegetable Salad w/ Mustard Seed Vinaigrette](#)  
[Grated Raw Squash Salad with Apples and Cranberries](#)  
[Winter Squash Salad](#)  
[Spaghetti Squash Salad](#)  
[Three Brussels Sprouts Salads](#)  
[Lemon, Carrot, Walnut and Apple Salad](#)  
[A Coleslaw Template](#)  
[Cabbage & Beet Slaw with Lentils](#)  
[Beet Salad with Cheddar, Pistachios and Balsamic Vinaigrette](#)  
[Chioggia Beet Carpaccio](#)  
[Beet and Orange Stack Salad](#)  
[Matchstick Chioggia Beet Salad](#)  
[Beets and Greens Salad](#)

[Honey Apple Vinaigrette](#)  
[Winter Squash Salad Dressing](#)

#### Sides & Misc.

[Mashed Potatoes and Squash](#)  
[Warm Potato Salad](#)  
[Au Gratin Cheddar Potatoes](#)  
[Hasselback Potatoes](#)  
[Colcannon](#)  
[Potatoes & Veggies in a Parchment Packet](#)  
[Garlic Rosemary Roasted Potatoes](#)  
[Roasted Autumn Vegetable Medley](#)  
[Holiday Spiced Cabbage](#)  
[Wild Rice w/ Brussels Sprouts & Squash](#)  
[Shaved Brussels Sprouts with Mustard Sauce](#)  
[Roasted Brussels Sprouts](#)  
[Roasted Carrots](#)  
[Candied Carrots](#)  
[Carrot and Beet Slaw](#)  
[Very French, Very Vichy Carrots](#)  
[Skillet Brussels Sprouts and Carrots](#)  
[Brussels Sprouts and Beets in Ginger Butter](#)  
[Layered Beet and Potato Gratin](#)  
[Layered Lentil and Cabbage Gratin](#)  
[Roasted Cabbage](#)  
[Cheesy Roasted Cabbage](#)  
[Cabbage and Noodles](#)  
[Warm Coleslaw](#)  
[Cabbage, Apple and Blue Cheese Slaw](#)  
[Sweet Potato Parfaits](#)  
[Sweet Potato Skin Fries](#)

[Cheesy Spaghetti Squash Dip "Mess"](#)  
[Beet Salsa](#)  
[Roasted Beet Chips](#)  
[Quick and Easy Kimchi](#)  
[Aquafaba](#)

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## A Letter From Your CSA Farmers

Dear Members,

What an early winter we have. On our farm, we already have about 2" of snow on the ground. Maybe if it is cold so soon, it will be warm later in winter. What do you think?!

All of the animals in the barn are happy with their warm beds and plenty to eat. But for us, there are a lot more chores to do when they're in the barn. They can't get the grass if it's covered with snow, so I need to throw the hay down from the haymow (the upper part of the barn, where the hay we gathered in summer is stored), and then spread it around for each of them. Several times each day, I haul out manure. Even when there isn't field work to be done, there are always chores on the farm.

We have a lot of winter squash stored in the greenhouse, and the temperature must be kept right. This year, with the early cold, I'm already cutting a lot of wood to keep the stove burning inside the greenhouse.

If it stays this cold, we may soon be cutting ice for our insulated ice houses. These act as refrigerators all year for us.

Even in winter, we like to keep the ice at least 10" thick on all sides, with at least that much additional insulation; in winter we harvest ice blocks from our ponds to add more thickness for the upcoming year. We still have ice left from last year, but it's time to be adding to it for next summer.

We're grateful for this year. Though we had some cold and wet weather, overall our harvests were plentiful. Our families are healthy, and our farmlands are too.

Please enjoy this last box of the year! We are glad that we are able to share with you the bounty from our fields so late in the year. We look forward to sharing our produce with you again next year.

Thank you for your support of the families in our CSA farming community. It is greatly appreciated!

Your St. Croix Valley CSA Farmers

*Photos from Liz on a rainy day last week before the snow. The children used a newly made birdhouse for a playhouse.*

