

THE GRAZER

June 27, 2019



“One touch of nature makes the whole world kin.”
-William Shakespeare

Right-Click to Open Hyperlinks:

- [June 27 Farm Letter and Photos](#)
- [June 27 Produce Info, Storage & Prep Tips](#)
- [2019 CSA Member Information](#)
- [Stocking Your Freezer/Fridge/Pantry + Tips for CSA/ Healthy Eating Success](#)
- [How to Flatten Your CSA Box](#)

Find on Page 2:

Recipe Links for this week’s produce

INSIDE THIS WEEK’S BOXES

3/4 Bushel and 7/8 Bushel Shares

- Broccoli
- Red Curly Kale
- Spinach
- Red and Green Romaine Heads
- Red Radishes
- Purple Kohlrabi
- Green Garlic &/or Garlic Scapes
- Fennel
- Strawberries
- Shortbread

1/2 Bushel Share

- Broccoli
- Red Curly Kale
- Spinach
- Red OR Green Romaine Head
- Red Radishes
- Purple Kohlrabi
- Green Garlic
- Strawberries

Bumper Crop Share

- Broccoli
- Red Curly Kale
- Red or Green Romaine Lettuce
- Red Radishes
- Strawberries

What might be ready to harvest next week???

Farmers are hoping for the first-of-the-season shell peas, cauliflower, summer squash and cabbage.

REMINDER!

DELIVERY NEXT WEEK IS ON

WEDNESDAY, JULY 3

Recipe links & menu ideas on next page. Happy munching! Liz

Use first: Strawberries and Romaine

What’s this?

Green Garlic (looks like green bunching onions)
This is what garlic bulbs look like in their infancy. Farmers thin the rows to help promote growth, and we get the prize! At this stage, the garlic is very mild and has a slight onion flavor. Delicious either raw or cooked.

Take a twist

Quick Pickled Strawberries– easy and really yummy in a salad

Waste Not-Want Not, Cooking with Scraps

Spinach Stems

Add nice crunch to both cold salads and cooked dishes.

Fennel Fronds

Snip like dill over fish, pizza, or into salads, soups and wraps

Kohlrabi Leaves Not only edible, but nutritious and delicious! Cook as you would kale (or with kale)– steam, braise or saute. We especially like mixed with other greens. Very thinly cut kohlrabi leaf ribbons are a yummy addition to salads.

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Menu Musings

When it's really hot and humid, a salad sounds especially appealing. I've included lots of fun and new ideas to get you started on ways to use your produce in many delicious meal-salads this week.

The other, non-salad recipes below are focused on what's quick and easy so you're not over a hot stove too long on a hot day!!

Kohlrabi and fennel may be new veggies for your household. Both are wonderfully crisp salad additions I think you'll love. Kohlrabi is delicious combined with bold flavors such as mustard, radish and earthy kale— but is equally good with light fruit and citrus. Fennel pairs beautifully with strawberries and is really bright with a sweet citrus vinaigrette.

Both vegetables are also excellent when roasted or grilled.



Recipe selections below from the Urban Graze Recipe Library chosen for this week's produce

Right click, then open hyperlinks below to access and/or download these recipes

For access to full recipe library, click here: [Urban Graze Recipe Library](#) Next, click on the green "Get Cookin'" Tab

- 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

Stovetop Dinners

[Basic Asian-Style Stir Fry Template](#)
[Skillet Teriyaki Chicken w/ Broccoli Cous Cous](#)

Sheet Pan/Oven Dinners

[Baked Fish & Spring Veggie Foil Bowls](#)

Pizzas

[Fennel and Sausage Pizza](#)
[Chicken & Spinach-Radish Salad Pizza](#)

Egg Entrees

[Greens, Eggs and Ham](#)

Sandwiches, Wraps & Rolls

[Crispy Open-Faced Southwest Tostadas](#)

Soups

[Super Simple Broccoli Soup](#)

Grains/Legumes & Greens Bowls

[Strawberry Mint Grain Salad](#)
[Chicken, Kale & Lentil Dinner](#)

Salads

[Strawberry Fennel Salad](#)
[30-Minute Pickles Strawberry Salad](#)
[Chili-Lime Chicken & Strawberry Salad](#)
[Greens and Fruit Breakfast Salad](#)
[Rustic Grilled Kale Salad](#)
[Fennel Slaw](#)
[Tuna Salad with Fennel & White Beans](#)
[Spinach Radish Salad](#)
[Spinach & Spring Herb Salad w/ Strawberries](#)
[Kale Caesar Salad](#)
[Sweet Kale Salad w/ Almonds & Dried Fruit](#)
[Kale & Kohlrabi Salad](#)
[Kohlrabi Cannellini Salad w/ Horseradish-Mustard Sauce](#)

Side Dishes

[Swoon-Worthy Creamed Spinach](#)
[Kohlrabi, Radish & Broccoli Stem Ragout](#)
[Roasted Kohlrabi](#)

Misc. + Snacks, Treats & Beverages

[Fennel Avocado Dip](#)
[Radish Tartines](#)