

THE GRAZER

July 11, 2019



“Joys come from simple and natural things: mists over meadows, sunlight on leaves, the path of the moon over water.” -- *Sigurd F. Olson*

Right-Click to Open [This Week's Hyperlinks:](#)

- [July 11 Farm Letter and Photos](#)
- [July 11 Produce Info, Storage & Prep Tips](#)

General CSA Info Hyperlinks:

- [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

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

Use first:

Strawberries and Snow Peas

What's this?

Bok Choy –a super food from the brassica family, like kale and broccoli. Loaded with more than half your daily requirement of A, C, and K, and has as much calcium as an 8 oz. glass of milk. It's high fiber component acts as a sweeper of your bloodstream, eliminating bad cholesterol. Also high in antioxidants, beta carotene, folate, vitamin B6, and only 9 calories per cup!

All parts are delicious. Stalks are crisp, have a very high water content, and slight pepper flavor; excellent in salads and slaws. Bok choy is a common ingredient in Asian soups and stir fries, but beware- they get limp and watery when over-cooked. When stir frying, add as the final ingredient and cook very quickly over heat high –just until crisp tender; in soups, add toward end of simmer time. I like to cook the leaves and stalks separately, tossing in the leaves earlier than the stalks to cooked dishes, so that the leaves do become tender.

Bok Choy is terrific when grilled or roasted.

Take a twist

Chop some beet stems into a salad or cooked dish.

Waste Not-Want Not, Cooking with Scraps

Leave the peel on these lovely organic potatoes and enjoy their extremely high nutritional value and deliciousness too. Red potatoes really hold their shape well when cooked as they have a lower starch content than other potatoes, so they're perfect for soups and potato salads.

Potatoes are one of the vegetables in the "Dirty Dozen" group, so it's best to always avoid potatoes that are not organic. They get sprayed with pesticides more heavily than most other veggies.

What's the worst?- the most heavily sprayed produce variety of all? Non organic strawberries. So enjoy the lovely, juicy organic berries in this week's box free of worry and with extra delight!

How to prep

Beets –don't let a happy little root scare you! They're super easy to prepare. Check out cooking instructions and other tips: [About Beets](#)

INSIDE THIS WEEK'S BOXES

3/4 Bushel and 7/8 Bushel Shares

- Snow Peas
- Mixed Summer Squash
- Red Beets
- Green Cauliflower
- Bok Choy
- Red &/or Green Romaine Lettuce
- Red Potatoes
- Candy Onion
- Dill
- Strawberries
- Zucchini Bread

1/2 Bushel Share

- Snow Peas &/or Summer Squash
- Green Cauliflower
- Red Beets
- Red Potatoes
- Red &/or Green Romaine Lettuce
- Candy Onion
- Strawberries

Bumper Crop Share

- Snow Peas
- Green Cauliflower
- Red Beets
- Green Curly Kale

Might be coming next week:

Green Beans, Snap Peas, Broccoli, Cauliflower, Cucumber

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This box has incredible stir fry potential. Bok Choy will also shine in a soup. Cauliflower and broccoli are interchangeable in most recipes, but the fun green cauliflower has an especially broccoli-like taste when cooked. Cauliflower is really enhanced by spices; it pairs especially well with curry and other Indian flavors— there are a couple of recipes below that feature this—the Curried Cauliflower Grain Bowl and Indian Spiced Cauliflower & Potatoes— both tasty! Beet salads (yummy with dill) as well as pasta dishes will be welcome additions to your menu— be sure to add those highly nutritious, super flavorful beet greens to your salads and cooked dishes. Use as you would spinach. Hurray for the first potatoes and dill of the year!!

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

[Stir Fried Beef with Snow Peas](#)
[Basic Stir Fry Template](#)
[Indian Spiced Cauliflower and Potatoes](#)
[Stir Fry Salad with Rice Noodles](#)

On the Grill

[Grilled Chicken & Zucchini Kababs](#)

Sheet Pan/Oven Dinners

[Easy Vegetable Souffle Gratin](#)
[Roasted Early Summer Vegetables](#)

Pizzas

[Beet & Onion Pizza](#)
[Veggie Pita Pizzas](#)

Pasta Dishes

[Pasta with Cauliflower and Capers](#)
[Pasta with Beets and Greens](#)

Egg Entrees

[Skillet to Oven No-Crust Quiche](#)
[Potato and Zucchini Hash with Eggs](#)

Soups

[Cauliflower Soup](#)
[Bok Choy Noodle Soup Bowl](#)
[Summer Squash and Dill Cheese Soup](#)

Sandwiches, Wraps & Rolls

[Beet Reubens](#)

Grains/Legumes & Greens Bowls

[Curried Cauliflower Grain Bowl](#)
[Greens & Grain Bowl w/ Cauliflower & Bok Choy](#)
[Beets, Greens & Quinoa Bowl w/ Garlic Yogurt Dressing](#)

Salads

[Cauliflower Salad with Mustard Vinaigrette](#)
[Cheaters Cauliflower Salad](#)
[Zucchini Dill Salad](#)
[Beet Salad w/ Cheddar, Pistachios & Balsamic Vinaigrette](#)
[Caramelized Beet Salad](#)
[Beets and Greens Salad](#)
[Beet and Dill Salad](#)
[Strawberry Salad with Ginger-Onion Dressing](#)

Side Dishes

[Roasted Cauliflower](#)
[Roasted Bok Choy](#)
[Cauliflower Gratin](#)
[Stir Fried Snow Peas](#)
[Skillet Herbed Summer Squash](#)
[Skillet Dill Potatoes with Greens](#)
[Potato Squash & Blue Cheese Melt](#)
[Layered Beet and Potato Gratin](#)

Breakfast, Snacks, Treats, Beverages, Misc.

[Greens and Fruit Breakfast Salad](#)
[No-Bake Zucchini Bruschetta for 2](#)