

THE GRAZER

July 3, 2019



"The most patriotic thing you can do is to take care of the environment and try to live sustainably."
-Robert F. Kennedy, Jr.

Right-Click to Open Hyperlinks:

- [July 3 Farm Letter and Photos](#)
- [July 3 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

- Shelling Peas
- Mixed Summer Squash
- Broccoli Shoots
- Spinach
- Napa Cabbage
- Great Lakes Iceberg Lettuce
- Mixed Romaine Lettuce
- Pink Beauty Radishes
- Onions (most boxes will have Purplettes)
- Mint
- Strawberries
- Chiffon Cake

1/2 Bushel Share (likely)

- Shelling Peas
- Mixed Summer Squash
- Spinach
- Napa Cabbage
- Mixed Romaine Lettuce
- Strawberries

Bumper Crop Share (likely)

- Shelling Peas
- Mixed Summer Squash
- Broccoli Shoots
- Lacinato Kale
- Spinach

Might be ready next week:

Cauliflower, snow peas, potatoes, beets



HAPPY 4th of JULY!

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

Use first: Strawberries and Shelling Peas

What's this?

Napa "Chinese" Cabbage has a uniquely mild flavor; it contains more protein and less calories than red and green cabbage. Very popular in Asian dishes – and a key ingredient in kimchi.

Take a twist

- Grill Strawberries
- Try Mint Pesto
- Pea or Zucchini Hummus

Waste Not-Want Not, Cooking with Scraps

Empty Pea Pods –DELICIOUS!

One of my favorite "scrap foods"! When simmered in soup broth or cream sauce, they add a divinely light, sweet pea flavor. Makes an unbelievably luscious pasta sauce and amazing chicken soup broth.
General ratio: 1/2 - 1 c. tightly packed pods to every 1 c. liquid. Simmer for a few minutes, then cover and remove from heat. Allow to sit for at least 30-60 minutes before straining. The longer the pods are in the liquid, the more intense the flavor. Refrigerate if your melding time will be over an hour.
I usually toss some of the raw pods into a freezer bag, and save them for an extra special taste of spring on a dreary winter day.

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This will likely be the last week of the spring greens season, so be sure to really enjoy the sweet, tender leaves this week. If you've not yet indulged in a greens frittata, it would be a great time to enjoy one. They're such a treat, and so quick and easy to make. Tasty broccoli shoots require little prep- perfect on a crudité plate, are lovely grilled or added to a stir fry just as they are.

I'll definitely be making the Strawberry Summer Slaw, a favorite salad, and a creamy pasta dish made with pea cream- incredibly luscious.

Try a pea dip/hummus for a picnic, and the Strawberry Mint Grain Salad totes along well, as would some of the crunchy salads below.

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 recipe

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*

Grill Dinners

[Grilled Chicken with Strawberry Sauce](#)

Sheet Pan/Oven Dinners

[Easy-Bake Veggie Risotto](#)

Pizzas

[Broccoli Galette](#)

[Zucchini and Mint Pesto Pizza](#)

[Strawberry Mini Breakfast Pizzas](#)

Pasta Dishes

[Pea Cream and Pasta Primavera](#)

[Light Shrimp Pasta with Peas and Greens](#)

[Creamy Pasta with Spinach and Peas](#)

[Beef and Broccoli with Soba Noodles](#)

[Broccoli Pasta Hotdish](#)

Egg Entrees

[Summer Squash Strata](#)

Sandwiches, Wraps & Rolls

[Fish Taco Wraps with Broccoli Slaw](#)

[Zucchini Roll Bites](#)

Soups

[Small Batch Minted Pea Soup](#)

Grains/Legumes & Greens Bowls

[Strawberry Mint Grain Salad](#)

Salads

[Strawberry Summer Slaw](#)

[Strawberry Salad with Ginger-Onion Dressing](#)

[Broccoli Summer Salad](#)

[That '70's Layer Salad](#)

[Lemon Fresh Spring Vegetable Salad](#)

[Greens, Peas and Radish Salad](#)

[Lemon Rice Salad with Peas and Herbs](#)

[Many Greens Shredded Salad](#)

Side Dishes

[Spicy Sautéed Broccoli](#)

[Mushy Peas in Cream](#)

[Skillet Herbed Summer Squash](#)

[Roasted Cabbage](#)

Misc. + Snacks, Treats & Beverages

[Pea Hummus](#)

[Pea Pesto/Dip](#)

[Raw Zucchini Hummus](#)

[Zucchini and Roasted Garlic Hummus](#)

[Zucchini Sticks](#)

[Quick & Easy Kimchi](#)

[Strawberry Mint Dessert Salsa](#)

[Grilled Strawberries](#)