

THE GRAZER

August 1, 2019



“Don’t judge each day by the harvest you reap but by the seeds that you plant.” —Robert Louis Stevenson

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

Use first: *Blueberries, Greens*

We are very lucky to live in a community where there are lots of local organizations working hard for sustainable environmental and farm stewardship practices. Below are just a few of these groups. I hope you’ll take a minute to learn more about them and become more informed about the many issues facing local family farms, healthy food and a healthy environment in general. If interested in being involved, each organization has opportunities. It’s also a great way to meet new friends, and to be a part of something very positive and impactful— it’s a reminder that there really is a lot of good going on all around us!

Renewing the Countryside

<http://www.renewingthecountryside.org/>

Green Lands Blue Waters

<https://greenlandsbluewaters.org/>

Land Stewardship Project

<https://landstewardshipproject.org/>

We enjoyed great food, music and conversation at LSP’s annual pot luck picnic last week in south Mpls.



Right-Click to Open This Week’s Hyperlinks:

- [August 1 Farm Letter](#)
- [August 1 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

INSIDE THIS WEEK’S BOXES

3/4 Bushel and 7/8 Bushel Shares

- Broccoli
- Yellow Beans
- Golden Zucchini
- Summercrisp Lettuce
- Spinach
- Kennebec Potatoes
- Cucumbers
- Red Slicer Tomatoes
- Mint and Dill
- Red Bunched Onions
- Blueberries
- Strawberry Rhubarb Pie

1/2 Bushel Share

- Broccoli
- Yellow Beans
- Golden Zucchini
- Summercrisp Lettuce
- Kennebec Potatoes
- Cherry Tomatoes
- Blueberries

Bumper Crop Share

- Broccoli
- Yellow Beans
- White Cauliflower
- Lacinato Kale
- Cherry Tomatoes

Might be coming next week:

Patty Pan Zucchini, Green Beans, Lacinato Kale, Cherry Tomatoes, Tomatillos, Blueberries

THE GRAZER

August 1, 2019

Our recent weather is terrific for grilling— actually, it's terrific weather for ANYTHING!- so I've included a few recipe ideas with this in mind. Use them as they are, or as a spring board to get you started on your own culinary concepts.

One of our family's favorite summer season treats is the wonderfully simple Dilly Green Beans. I look forward to eating green beans this way each year just like I anticipate rhubarb pie in spring and apple salads in fall.

Don't forget that soup is really good in summer too— awesome to make a batch that's ready to go when you are in a hurry, which we often are in summer (or want to minimize our kitchen hours).

The dill and mint (separately or mixed) would be excellent snipped into salads, wraps, sandwiches, over roasted/ grilled fish, chicken. It's a sure fire way to make your dish taste extra bright, light and summery fresh.

Gold colored squash is a special variety of zucchini— firmer, and with more robust flavor than mild yellow summer squash. It will hold up nicely when grilled or cooked.

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

[Simple Summer Squash & Tomato Stew](#)

[Broccoli & Potato "Pasta"](#)

Sheet Pan/Oven Dinners

[Potato & Veggie Layered Casserole Stew](#)

[One Dish Roasted Chicken & Veggie Dinner](#)

[Savory Broccoli & Pancetta Bread Pudding](#)

[Maple Mustard Salmon & Broccoli](#)

Pasta

[Beef & Broccoli w/ Soba Noodles](#)

[Simple Spinach & Cherry Tomato Pasta](#)

Pizza

[Zucchini & Mint Pesto Pizza](#)

[Broccoli & Cheese Pizza](#)

Eggs

[Potato & Zucchini Hash w/ Eggs](#)

Sandwiches, Wraps & Rolls

[Roasted Zucchini Tomato Sandwich](#)

Grill

[Grilled Zucchini & Green Bean Salad w/ Tahini Dressing](#)

[Grilled Tuna, Potato & Green Bean Dill Salad](#)

[Grilled Chicken & Zucchini Kabobs](#)

Salads

[Mediterranean Wilted Spinach & Mint Salad](#)

[Potato & Vegetable Salad](#)

[Roasted Potato Green Bean Salad w/ Yogurt-Mustard Dressing](#)

[French Style Green Bean Potato Salad](#)

[Zucchini Dill Salad](#)

[Broccoli Avocado Salad](#)

Soups

[Summer Squash & Dill Cheese Soup](#)

[Creamy Broccoli & Potato Soup](#)

[Italian Tomato-Vegetable Rice Soup](#)

[Creamy Spinach Soup](#)

Side Dishes

[Dilly Green Beans](#)

[Sauteed Zucchini w/ Coriander & Mint](#)

[Skillet Herbed Summer Squash](#)