

THE GRAZER

August 15, 2019



“Keep close to Nature’s heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.” —John Muir

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

Use first: Sweet Corn, Eggplant

What’s this? French Green Beans, also known as *Haricot Verts* (pronounced: Ar ee koh vair), are extra special beans—thinner, sweeter, and much more tender than “regular” green beans. They cook very quickly.

Though I often don’t blanch beans before cooking, with *Haricot Verts* for some reason it seems easier to do so in order to more carefully regulate cook time. I’d advise boiling no more than about 20-30 seconds per 1/2 lb. (3/4 share boxes get approx. 1 lb.). After boiling, drain and dip into ice water IMMEDIATELY to stop them from cooking any more. Once cooled, drain again. Note: don’t forget to have your ice water ready in advance!

I believe *Haricot Verts* are best when enjoyed very simply. Try this: saute 1 minced/pressed small clove garlic in 1-2 Tbsp. butter and/or olive oil, then add your blanched beans to the hot pan just long enough to re-warm, tossing often with the seasoned butter/oil (about 30–45 seconds). Take a bite to make sure it’s doneness is to your liking— you can always cook a wee bit longer, but you can’t undo. :-)

Season with salt and pepper. Of course, you can skip the garlic, and just toss beans with warmed butter in a saute pan. If you can’t help yourself and want to add a little something, scatter with a few toasted almonds, a squeeze of lemon, and/or a pinch of red pepper flakes.

Voile! So easy and so elegantly French!

Right-Click to Open This Week’s Hyperlinks:

- [August 8 Farm Letter](#)
- [August 8 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

- Sweet Corn
- White Cauliflower
- French Green Beans (*Haricot Verts*)
- Eggplant
- Green Cabbage
- Green Romaine Lettuce
- Green Peppers (3/4 boxes only)
- Red Grape &/or Red Slicer Tomatoes
- Parsley
- Cantaloupe (White or Orange)
- Zucchini Bars

1/2 Bushel Share

- Sweet Corn
- French Green Beans (*Haricot Verts*)
- Eggplant
- Green Romaine Lettuce
- Cucumber
- Rainbow Cherry Tomatoes
- Cantaloupe (White or Orange)

Bumper Crop Share

- White Cauliflower &/or Broccoli
- French Green Beans (*Haricot Verts*)
- Sweet Corn
- Red Slicer &/or Rainbow Cherry Tomatoes

Might be coming next week:

Heirloom tomatoes, corn, broccoli, melon

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Our first corn of the season! This always helps me keep a positive attitude about the diminishing number of summer days left in the year. Just when it's time for the State Fair to start, the first apples to appear, school to soon begin, corn comes on the scene as well to save the day! What is more summertime than corn, peppers and tomatoes?! I say summer is HERE!!

Get the coals going for eggplant –it's a real grill star. It's also easy to roast, which can be done ahead and added to all sorts of recipes. It's like a sponge, so will take on any wonderful flavor you love to add.

If you have leftover corn on the cob, save the kernels for a salad or other dish. SW style, yum! Mediterranean recipes will be a good choice with this weeks peppers, tomatoes, eggplant– consider picking up some complementing ingredients like olives, capers, lemon, feta. Other great menu ideas for this week include Spanish Cauliflower Rice (can use to stuff peppers), a curried cauliflower recipe, cabbage rolls, Wild Rice Tomato Salad, BBQ Chicken Peppers & Onions Pizza, a dish with parsley sauce or pesto.

I'm starting to get a hankering for a hotdish, so I'll likely make the Mexican Bake Hotdish –an easy and delicious crowd favorite around here. Whatever you decide, I hope each and every healthy meal you make this week is filled with as many fun moments as there are wholesome vitamins and nutrients inside each bite. And now, get ready... The MN State Fair is coming! Yippeee!

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

[Chicken and Green Pepper Tetrazini](#)
[Stovetop Steak w/ Warm Cabbage & Tomato Salad](#)
[Open-Faced Asian Salmon Tacos](#)
[Spanish Cauliflower Rice](#)
[Asian Miso Salmon w/ Cauliflower Rice](#)

Oven Dinners

[Broiled Fish Fillets w/ Parsley Almond Pesto](#)
[Mexican Bake Hotdish](#)
[Old-Fashioned Cabbage Rolls with Meat](#)
[New-Fangled No-Meat No-Tomato Cabbage Rolls](#)
[Deconstructed Eggplant Parmesan](#)

Pasta

[Penne Pasta with Cauliflower & Capers](#)
[Eggplant Caponata](#)

Pizza

[Eggplant & Tomato Pizza](#)
[BBQ Chicken Pizza w/ Peppers & Onions](#)
[Cherry Tomato & Veggie Galette](#)

Grill

[Grilled Eggplant w/ Roasted Pepper Salad](#)
[Grilled Eggplant Open-Faced Sandwiches](#)
[Grilled Eggplant Kebabs w/ Honey-Citrus Glaze](#)

Sandwiches, Wraps & Rolls

[Baked Stuffed Veggie Subs](#)
[Summer Veggie and Bean Wrap](#)

Salads & Grain Bowls

[Very Simple Southwest Salad](#)
[Wild Rice Tomato Salad](#)
[Roasted Eggplant Salad](#)
[Quinoa Parsley Salad](#)
[Quinoa Salad w/ Bell Peppers & Cherry Tomatoes](#)
[Corn, Tomato & Black Bean Salad](#)
[Bell Pepper and Green Bean Salad](#)
[Basic Coleslaw Template](#)
[Curried Cauliflower Grain Bowl](#)

Soups

[Creamy Gorgonzola Cauliflower Soup](#)

Side Dishes

[Roasted Curry-Lemon Cauliflower](#)
[Whole Baby Cauliflower w/ Parsley Sauce](#)
[Layered Lentil & Cabbage Gratin](#)
[Cheesy Roasted Cabbage](#)
[French Green Beans](#)

Appetizers, Snacks, Treats & Misc.

[3 Ideas: Green Peppers for Breakfast, Lunch & Dinner](#)
[Seasoned Butter Ideas for Corn-on-the-Cob](#)
[Eggplant Tomato Dip](#)
[Roasted Cherry Tomatoes](#)
[Parsley Cream](#)