

THE GRAZER

August 22, 2019



"And pray what more can a reasonable man desire, in peaceful times, in ordinary noons, than a sufficient number of ears of green sweet corn boiled with the addition of salt?"

-Henry David Thoreau

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

Use first: Sweet Corn, Heirloom Tomatoes

What's this?

Radicchio— in the Chicory family of greens. Slightly bitter and nutty. Originally from Sicily, so think of using it in a Tuscan/Mediterranean style salad or recipe. Fun "serving bowl" for a scoop of cous cous or tuna salad. Terrific when cut into wedges, tossed with a wee drizzle of olive oil and roasted— olives, capers, feta make excellent pairings. Shredded raw radicchio is also very tasty in a mixed, tossed salad. Try combining with kale, apples, walnuts or pecans, maybe some dried fruit, and a sweetened apple cider vinaigrette such as: [Honey Apple Vinaigrette](#). It's excellent as a do-ahead salad; dressing will mellow the bitterness of the radicchio and meld the flavors. You might add a big handful or two of shredded crunchy lettuce just before serving as well.

Purple Peppers— Extra-special, sweet and beautiful! Perfect for a Vikings party. They're loaded with antioxidants and other super nutrients.

All Red Potatoes— Creamy and delicious. Who wouldn't be in love with a dollop of creamy pink mashed potatoes?! A red potato salad with purple peppers would be really cool too!

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

- [August 22 Farm Letter](#)
- [August 22 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
- Mixed Summer Squash
- Brussels Sprouts
- Lacinato Kale
- Romaine Lettuce
- Radicchio
- Carrots
- Mixed Heirloom tomatoes
- Cucumber
- All-Red Potatoes (including flesh!)
- Purple Bell Peppers
- Basil
- Cantaloupe (White or Orange)
- Croutons

1/2 Bushel Share

- Sweet Corn
- Mixed Summer Squash
- Brussels Sprouts
- Lacinato Kale
- All-Red Potatoes (including flesh!)
- Heirloom Tomato
- Cantaloupe (White or Orange)

Bumper Crop Share

- Sweet Corn
- Brussels Sprouts
- Lacinato Kale
- Heirloom Tomato

Some of what might be coming next week:

Orange Cauliflower, Broccoli, Curly Kale, Watermelon

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One of our favorite foods on a stick, at home or at the Fair, is most certainly corn on the cob! Try a fun and tasty twist by seasoning butter with your favorite herb or spice. [Seasoned Butter Ideas for Corn-on-the-Cob](#)

I am excited to make a Panzanella Salad this week [Panzanella](#) -such a wonderful way to enjoy summer's best produce. It is the definition of supreme deck/patio food –can't think of a better way to celebrate our stellar Minnesota summer life!

A few extra special treats are being sent this week– radicchio, purple peppers, all-red potatoes, juicy melons, the first Brussels sprouts, and in my mind among the most regal of summer produce: heirloom tomatoes. They are very fragile; when ripe, they'll "give" just ever so slightly. Eat within a day or two, savoring each and every lovely bite– pinching yourself occasionally as a reminder that the wonderfulness is real! If you get a yellow, green, pink, purple, orange, multi colored heirloom, it's supposed to be that way- don't wait for it to turn red!

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

[Beef & Brussels Sprouts Stir Fry](#)
[Stovetop Ginger Chicken w/ Brussels Sprouts](#)
[Salmon & Veggies w/ Soy Ginger Glaze](#)

Oven Dinners

[Stuffed Zucchini](#)
[Fish with Kale & Carrots](#)

Pasta

[Raw Tomato Pasta Sauce](#)
[Kale Pasta Bowl](#)
[Chicken Basil Pasta w/ Peppers & Zucchini](#)

Grill

[Grilled Radicchio Salad](#)

Eggs

[Summer Squash Strata](#)

Pizza

[Summer Squash & Corn Pizza](#)

Recently I added very thinly sliced roasted carrots to a pizza. Yum! Ribbons would be good too. I spread the crust w/ a thin layer of goat cheese (mixed w/ pressed garlic, drizzle of honey & splash of lemon juice), then scattered w/ red onion slivers, Kalamata olives, lots of roasted carrots and a pinch of dried oregano; topped with a bit of crumbled feta. Very tasty. Could add a few slivers of bell pepper. This week my pizza experiment involves very thinly sliced, roasted potato rounds and shaved Brussels sprouts...I'll let you know!....

Salads & Grain Bowls

[Shredded Greens & Brussels Sprout Salad](#)
[3 Brussels Sprouts Salad Ideas](#)
[Bacon Kale & Tomato Salad](#)
[Tomato Cucumber & Basil Caprese Salad](#)
[Cucumber Avocado Salad](#)
[Soft Chopped Summer Salad](#)
[Corn & Tomato Salad with Feta Dressing](#)
[Summer Succotash](#)
[Grains & Greens Salad Bowl Template](#)
[Sesame Chicken & Greens Salad](#)
[Sweet Kale Salad with Almonds & Dried Fruit](#)

Soups

[Zucchini Basil Soup](#)
[Kale & Carrot Soup with Basil](#)
[Cantaloupe Berry Soup](#)
[Kale and Sausage Stew](#)
[Chicken Stew](#)

Side Dishes

[Brown Butter Tomatoes](#)
[Basil Baked Carrots](#)
[Carrot & Zucchini Kugel](#)
[Skillet Brussels Sprouts & Carrots](#)
[Shaved Stovetop Brussels Sprouts w/ Mustard Sauce](#)