

THE GRAZER

August 29, 2019



“A significant part of the pleasure of eating is in one’s accurate consciousness of the lives and the world from which food comes.” —Wendell Berry

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

Use first: *Sweet Corn, Heirloom Tomatoes*

What’s this?

Kossack Kohlrabi

As explained in the email, Kossack kohlrabi is a giant storage variety. Though big, they are extremely sweet and delicious. Kossack kohlrabi will keep for a couple of weeks in your fridge. For more detailed info on storage, prep and serving ideas, click on link:

[**About Kohlrabi**](#)

Kohlrabi recipe ideas on page 2

Heirloom Tomatoes

They are very fragile; when ripe, they’ll “give” just ever so slightly. Eat within a day or two. 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!

Right-Click to Open This Week’s Hyperlinks:

- [August 29 Farm Letter](#)
- [August 29 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
- Orange Cauliflower
- Green Beans
- Green Curly Kale
- Kossack Kohlrabi
- Orange Carrots with Tops
- Mixed Heirloom Tomatoes
- Mixed Sweet Peppers
- Red Scallions
- Sugar Cube Cantaloupe
- Chocolate Zucchini Cake

1/2 Bushel Share

- Sweet Corn
- Orange Cauliflower
- Green Beans
- Green Curly Kale
- Carrots
- Heirloom Tomato
- Sugar Cube Cantaloupe

Bumper Crop Share

- Sweet Corn
- Orange Cauliflower
- Green Beans
- Green Curly Kale
- Heirloom Tomato

Some of what might be coming next week:

Fairytale Eggplant, Broccoli, Winter Squash, Spinach

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It's an end of summer veggie bonanza! For the holiday weekend, when we're on the go, and often celebrating with friends, here are a few time saving ideas to help keep you fortified for fun.

A grill salad would be awesome, as would a simple vegetable pizza -pick up a couple of prepared crusts to have on hand to make it *extra* easy. Grain bowls or salads with beans, kale and other hearty ingredients are great at this time of year, as they fill you up without being too heavy.

Save roasted/cooked veggies for tossing into a grain bowl, salad, or simply into a wrap that you'll take along in your backpack as you head out to the biking or hiking trails.

Venture out a bit and try a new flavor profile— cauliflower pairs really well with spices like curry and cumin, or perhaps an Asian style salad or stir fry. Soup is always good on the menu— a prepared batch ready in the fridge on a busy holiday weekend is the very best welcome home! Enjoy!

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

- [Spanish Cauliflower Rice](#)
- [Cauliflower & Green Bean Pilaf](#)
- [Indian Spiced Cauliflower & Green Beans](#)
- [Summer Veggie & Bean Wrap](#)

Oven Dinners

- [Kale, Veggies & Wild Rice Stuffed Peppers](#)
- [Fish with Kale & Roasted Carrots](#)
- [Baked Stuffed Veggie Subs](#)

Pasta

- [Kale Pasta Bowl](#)

Grill

- [Chicken, Green Beans & Heirloom Tomatoes](#)
- [Cilantro Lime Chicken w/ Beans & Tomatoes](#)
- [Zucchini Green Bean Salad w/ Tahini Dressing](#)
- [Zucchini, Corn & Tomato Salad](#)

Pizza

- [Roasted Cauliflower & Greens Pizza](#)
- [Summer Squash, Corn & Onion Pizza](#)
- [BBQ Chicken Pizza w/ Onions & Peppers](#)

Soups

- [Curried Cauliflower Soup](#)
- [Light Cauliflower & Kale Soup](#)
- [Tuscan Kale Soup](#)

Salads & Grain Bowls

- [Kale, Tomato & White Bean Salad](#)
- [Marinated Kale & Green Bean Salad](#)
- [Asian Kale & Kohlrabi Salad Kohlrabi](#)
- [Kohlslaw](#)
- [Kohlrabi Salad w/ Avocado Dressing](#)
- [Kohlrabi White Bean Salad w/ Horseradish Mustard Dressing](#)
- [Cauliflower Grains & Greens Bowl w/ Orange Vinaigrette](#)
- [Cauliflower Salad w/ Mustard Vinaigrette](#)
- [Summer Squash Pepper Salad w/ Celery Seed Vinaigrette](#)
- [Very Simple Southwest Salad](#)
- [Corn & Tomato Salad w/ Feta Dressing](#)
- [Bell Pepper & Green Bean Fajita Salad](#)

Side Dishes

- [Kohlrabi Blue Cheese Gratin](#)
- [Kohlrabi & Greens in Cream](#)
- [Cauliflower & Kohlrabi Mash](#)
- [Roasted Cauliflower & Carrots](#)
- [Mashed Cauliflower](#)
- [Corn Stuffed Zucchini](#)
- [Corn Ceviche Shots](#)
- [Kale No-Cream Gratin](#)

Misc.

- [Kale Pesto](#)
- [Zucchini Cheddar Muffins](#)