

THE GRAZER

August 8, 2019



Excerpt from Perhaps the World Ends Here, a poem by Joy Harjo who was recently named U.S. Poet Laureate. She is the first Native American to receive this honor.

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

...

To read the entire poem:

<https://www.poetryfoundation.org/poems/49622/perhaps-the-world-ends-here>

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

Use first: Blueberries

What's this?

Patty Pan Squash:

Use patty pans as you would other summer squash– but they are so pretty when cut rounds to show off scalloped edges. Try mandoline shaving them for an extra special touch in salads.

Peppers: *There are two kinds of green colored peppers being sent this week– the larger is a green bell, which is sweet and mild; the smaller ones are jalapenos and are NOT mild! They're hot, and should be used in moderation according to your taste.*

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

- Broccoli
- Green Beans
- Patty Pan Summer Squash &/or Zucchini
- Rainbow Swiss Chard
- Green Bell Peppers
- Jalapeno Peppers (smaller)
- Cherry & Red Slicer Tomatoes
- Tomatillos
- Orange Carrots with tops
- Candy Onions
- Cilantro
- Blueberries
- Tomato Basil Noodles

1/2 Bushel Share

- Broccoli
- Green Beans
- Rainbow Swiss Chard
- Orange Carrots
- Green Pepper
- Red Slicer Tomato
- Blueberries

Bumper Crop Share

- Broccoli
- Green Beans
- Green Curly Kale
- Red Slicer Tomato
- Cucumber

Might be coming next week:

Chioggia Beets, Corn, Eggplant

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This morning I've been thinking of my grandma who would be 125 years old today. For decades I spent many long weekend hours in her vintage kitchen on Blaisdell Avenue. She viewed cooking as a kind of poetic art form— her “recipe” for a perfect pie crust was something like this: “tiny droplets of shimmering ice water must lightly fall from your fingertips into the dough like an Irish rain in November...” And that a thoughtfully planned menu and beautifully set table were a gift to our guests, an expression of how much we cared for them. Respectful good manners, like not eating before everyone at the table had filled their plate, indicated that we were considerate and did not put ourselves before others. These lessons have helped me in the kitchen, and in life, and I hope I do her proud as I try to live in step with her mantras of gentle kindness.

This is the height of summer vacation season, when we often allow ourselves to slow down a little. I hope you'll have many memorable meals with even more memorable conversations around your table this week.

Terrific choices to feed your friends and family include a tomatillo stew or salsa, oven quiche or tart, a veggie galette, a dish combining green beans and tomatoes (roasted cherry are really yummy), a kale salad; I'll be making Tom Tom (Tomato-Tomatillo) Spread to add to my Vikings game cheese board tomorrow, and will also be stocking my freezer with soup this week – Tuscan Kale and Chicken Tomatillo are first on deck!

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

[Saucy Summer Stir Fry](#)
[Teriyaki Chicken w/ Broccoli CousCous](#)
[Mediterranean Chicken w/ Green Beans & Tomatoes](#)

Oven Dinners

[Sheet-Pan Roasted Lemon Orzo w/ Chicken & Veggies](#)
[Salmon & Veggies w/ Sesame Soy Glaze](#)
[Swiss Chard Oven Tart](#)
[Kale & Wild Rice Stuffed Peppers](#)

Pasta

[Chicken Penne Pasta w/ Kale & Cherry Tomatoes](#)
[Kale Pasta Bowl](#)
[Zucchini and Pasta in Browned Butter](#)

Pizza

[Cherry Tomato & Veggie Galette](#)
[Broccoli Galette](#)

Grill

[Cilantro-Lime Chicken w/ Green Beans & Tomatoes](#)

Eggs

[Skillet to Oven No-Crust Quiche](#)

Sandwiches, Wraps & Rolls

[Swiss Chard Wraps](#)

Salads

[Bacon, Kale & Tomato \(BKT\) Salad](#)
[Summer Cauliflower &/or Broccoli Salad](#)
[Marinated Kale & Green Bean Salad](#)
[Wild Rice & Cherry Tomato Salad](#)

Soups

[Tuscan Kale Soup](#)
[Tomatillo Green Gazpacho](#)
[Chicken & Tomatillo Stew](#)
[Simple Summer Squash & Tomato Stew](#)

Side Dishes

[Carrot & Zucchini Kugel](#)
[High-Heat Roasted Green Beans & Cherry Tomatoes](#)
[Stovetop Green Beans w/ Roasted Cherry Tomatoes](#)
[Roasted Broccoli w/ Optional Cheese & Nuts](#)

Appetizers, Snacks, Treats & Misc.

[Tomatillo Salsa & It's Versatile Uses](#)
[Tom Tom Spread](#)
[Roasted Cherry Tomatoes](#)
[Roasted Cherry Tomato Salsa](#)