

# THE GRAZER

September 19, 2019



"We have to keep letting farmers know that we believe in them. Whether we live in the city or not. You can do something to change the world just by changing the food you eat. Start from the bottom up." —Neil Young

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

**Use first:** [Sweet Corn](#)

Journal notes from my trip to Iowa. Right click to open hyperlink:

**[Notes from Iowa– Hope in the Heartland!](#)**

This weekend I'll be heading east for a very different kind of event that sheds the spotlight on the plight of small, sustainable family farms– the 34th Annual Farm Aid Concert is in Wisconsin this year. Willie Nelson, Neil Young, and 18 other music superstars. The concert raises lots of money that helps farmers, heightens awareness, and has been very instrumental in making positive policy changes.

I'll have packed up the veggies in my CSA box and will likely be doing some cooking for those with whom we'll be sharing a vrbo house. Since fun is supposed to be the priority, and I don't want to miss out on any of it, my tote-along recipes will have to be very simple and quick. Maybe tonight I'll make the [Curried Confetti Coleslaw](#) and a soup like [Carrot Ginger](#) so they're ready to go... and I've still got some beets and potatoes on hand from last week... [Borscht Soup](#) or [Cabbage Beet Slaw with Lentils](#) could be made ahead too, as could one of the oven dinner recipes on the next page...

When you are making your own plans, don't forget to take stock of what you may still have from the previous week (or two)– we're getting into storage-veggie season and some of our produce will last a couple of weeks when properly stored. Potatoes, beets, onions, cabbage, carrots are among them.

Wishing you much joy in your kitchens and at your tables!

***Right-Click to Open This Week's Hyperlinks:***

- [September 19 Farm Letter](#)
- [Sept. 19 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
- Green &/or Yellow Beans
- Purple Cauliflower
- Buttercup Winter Squash
- Red Cabbage
- 1 last slicer tomato for the season!
- Mixed Sweet "Yummy" Peppers
- Celery
- Orange Carrots
- Watermelon
- Blueberry Jam

### 1/2 Bushel Share

- Sweet Corn
- Green &/or Yellow Beans
- Buttercup Winter Squash
- Red Cabbage
- 1 last slicer tomato for the season!
- Mixed Sweet "Yummy" Peppers
- Watermelon

### Bumper Crop Share

- Sweet Corn
- Green &/or Yellow Beans
- Purple Cauliflower
- Green Curly Kale
- 1 last slicer tomato for the season!

***Some of what might be coming next week:***

Butternut Squash, Brussels Sprouts, Sweet Potatoes, Radishes

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**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 expanded access to full recipe library, right click here to open hyperlink: [Urban Graze Recipe Library](#) using full screen computer (will not work with small phone-type screen). 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 or*
- *Enter key words in the search box– e.g. the list of different veggies you want to use in a recipe*

At this time of year when we regularly get winter squash from our CSA farms, it might feel daunting to keep up with it. Try cooking it even if you won't be eating it that day. Cooked squash freezes very well and is a versatile ingredient to have at the ready all year. Season if you wish, then portion into user-friendly sized freezer containers. Thaw to spread on pizza crusts or inside a wrap. Make a creamy hotdish, pasta, or soup. Use as a dip, blend with mashed potatoes.

To cook, make a few slits in it (so it won't explode), then microwave for 3-4 minutes until it cuts easily. Remove seeds and pulp. Slice into wedges or in half, then place on a parchment or foil lined, rimmed baking sheet and loosely tent cover with foil. If you prefer, use a casserole dish, either greased or with 1/2" water added. Roast in 400 oven for about 30-45 min. or until very soft. You could simply continue microwaving it, if you are in a hurry– do cover to prevent splattering. Scoop out cooked squash and place in freezer container(s). If you cook/roast the squash only until just barely firm-tender, you could cube it after it's cooled a bit, then save to stir into a soup or stir fry, or add to a salad.

## Stovetop Dinners

[Cauliflower, Carrot & Green Bean Pilaf](#)  
[Indian Spiced Cauliflower & Green Beans](#)  
[Asian Soba Noodles w/ Beef & Vegetables](#)

## Oven Dinners

[Chili Chicken Stuffed Squash](#)  
[Kale & Rice Stuffed Squash](#)  
[Mexican Bake Hotdish](#)  
[Mediterranean Chicken Dinner w/ Beans & Tomatoes](#)

## Pasta

[Pasta with Cauliflower & Capers](#)

## Pizza

[BBQ Chicken Pizza with Onions & Peppers](#)

## Soups

[Basque Cabbage & Squash Soup](#)  
[Roasted Squash with Rosemary Soup](#)  
[Kale and Cabbage Ribollita](#)  
[Very Easy Chicken Noodle Soup](#)  
[Carrot Ginger Soup](#)

## Salads & Grain Bowls

[Corn and Tomato Salad with Feta Dressing](#)  
[Curried Confetti Coleslaw](#)  
[Colorful Slaw](#)  
[Asian Cabbage & Greens Salad w/ Steamed Veggies](#)  
[Celery, Apple & Blue Cheese Salad](#)  
[Pear & Celery Salad](#)  
[Watermelon Salad Ideas](#)  
[Watermelon Tomato Salad with Blue Cheese](#)  
[Watermelon Tomato Salad with Feta](#)  
[Winter Squash Salad Dressing](#)

## Side Dishes

[Green Beans with Bacon Vinaigrette](#)  
[Sautéed Corn, Beans & Wilted Greens](#)  
[Honey-Sage Roasted Carrots and Beans](#)  
[Roasted Curry-Lemon Cauliflower](#)  
[Braised Red Cabbage Wedges](#)

## Treats, Snacks, Misc.

[Green Bean Refrigerator Pickles](#)  
[Cabbage Crudites](#)  
[Watermelon Tomato Sipper](#)  
[Corn Ceviche Shots](#)