

THE GRAZER

September 5, 2019



"We need real farmers who grow real food, and the will to reform a broken food system. And for that, we need not only to celebrate farmers, but also to advocate for them."

-Mark Bittman

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

Use first: Fairytale Eggplant

What's this?

Fairytale Eggplant

A very delicious and tender eggplant variety. Excellent in a stir fry, grilled, or roasted. Not edible raw.

Try tossing slices with cherry tomatoes and a drizzle of seasoned olive oil (and a splash of balsamic vinegar, if you want to get fancy), then roast on a parchment lined, rimmed baking sheet at 425 for about 10-15 minutes.

Also good just sliced in half lengthwise, and grilled face down- or dredged in egg and breadcrumbs then roasted or pan fried.

Delicious in tomato based pasta dishes as well. Several recipes on page 2. The lasagna is one of our favorites- you will need to pick up a fennel bulb to complete the ingredient list.

Savoy Spinach

Still sweet, but wonderfully sturdy- will hold up beautifully even in cooked dishes (cooks down only half as much as smooth spinach)

Yummy Mix Sweet Peppers

Fun, very sweet little "popper" peppers (say that five times fast!)- Great for lunches. Cut in half and add to salads, or roast.

Right-Click to Open This Week's Hyperlinks:

- [September 5 Farm Letter](#)
- [Sept. 5 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
- Mixed Summer Squash
- Acorn Winter Squash
- Fairytale Eggplant
- Savoy Spinach
- Orange Carrots with Tops
- Rainbow Cherry Tomatoes
- "Yummy Mix" Sweet Peppers
- Red and Yellow Keeper Onions
- Cilantro
- Cantaloupe
- Carrot Bread

1/2 Bushel Share

- Broccoli
- Fairytale Eggplant
- Acorn Winter Squash
- Savoy Spinach
- Red Grape Tomatoes
- Purple Peppers
- Cantaloupe

Bumper Crop Share

- Broccoli
- Cheddar Cauliflower
- Butternut Squash
- Red Curly Kale
- Red Grape Tomatoes

Some of what might be coming next week:

Purple Cauliflower, Purple Potatoes, Gold Beets

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Seems like a good week for soup, pasta and pizza to me. The Italian Tomato Rice Soup is calling me. A hearty salad with roasted winter squash or eggplant is also enticing.

I love pizza on a night when we're in a hurry and always have a supply of packaged pizza crusts at the ready in my cupboard; I am grateful the weather is cool enough to turn the oven on without feeling the need to also turn on the air conditioning! There are some mighty fine pizza ingredients in this week's boxes.

If you're inclined to grill, eggplant is really yummy this way. Skewer chunks/cubes or just cut in half lengthwise and rub with a little olive oil, season as you wish, and grill face down.

Pasta –and oven hot dish meals– will be returning with more regularity to my weekly rotations. I'm looking forward to making Garden Lasagna, as well as an easy meal of pasta tossed with spinach and tomatoes.

One of our most favorite autumn kick-off taste delights is Acorn Squash with Yogurt & Apple Relish. I know it's what my husband will be requesting when he sees that squash in our box! It is an awesome way to use a couple of leftover wedges of roasted squash— a fabulous weekend breakfast treat.

Whatever you choose to make, I hope you enjoy your time in the kitchen and around the table!

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

[Skillet Chicken Florentine](#)
[Garlic-Ginger Broccoli & Winter Squash](#)
[Saucy Summer Stir Fry](#)

Oven Dinners

[Cheesy Veggies & Rice Stuffed Winter Squash](#)
[Chicken and Broccoli Divan](#)
[Maple-Mustard Salmon & Broccoli](#)
[Garden Lasagna](#)

Pasta

[Creamy Pasta w/ Spinach & Cherry Tomatoes](#)
[Vegetable Pasta Oven Dinner](#)

Grill

[Eggplant Kebabs with Honey-Citrus Glaze](#)
[Mediterranean Eggplant & Chicken Kebabs](#)

Pizza

[Eggplant & Cherry Tomato Pizza](#)
[Winter Squash & Spinach Pizza w/ Rosemary](#)
[Broccoli Cheese Pizza](#)

Soups

[Super Simple Broccoli Soup](#)
[Italian Tomato-Vegetable Rice Soup](#)

Salads & Grain Bowls

[Quinoa Bowl with Butter-Roasted Winter Squash](#)
[Winter Squash Salad](#)
[Asian Broccoli Salad](#)
[Roasted Eggplant Salad](#)

Side Dishes

[Acorn Squash Stuffed w/ Tea Infused Red Quinoa](#)

Breakfast, Treats, Snacks, Misc.

[Swoon-Worthy Creamed Spinach](#)
[Acorn Squash with Yogurt & Apple Relish](#)
[Eggplant Kalamata Tapenade](#)
[Cilantro Dip](#)
[Cantaloupe Salsa](#)