

# THE GRAZER

October 10, 2019



"Days decrease, and autumn grows, autumn in everything."  
-Robert Browning

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

**Note about the apples:** *These come from a neighboring farm. Because of this spring's poor weather conditions, bugs settled in and were about to overrun the orchard. The apple trees were very minimally sprayed early in the season in an attempt to save the crops. Please wash before eating.*

## What's this?

### **Red Napa Cabbage (or Chinese Cabbage)**

Napa cabbage is oblong-shaped, with a crisp-soft, crinkly texture. The red variety has lovely deep maroon leaves with frilly, ruffled edges. Napa cabbage has a unique, mildly sweet flavor— and the red is especially sweet— with a slight hint of peppery undertones.

The red color is a sign that it has a high concentration of anthocyanin antioxidants; it also has lots of vitamins A, C and calcium.

A nice surprise is that the color will hold nicely when the cabbage is cooked.

Napa has more protein and less calories than red and green "regular" cabbage. Excellent raw, shredded/shaved into a salad, added to a stir fry or taco, braised on the stovetop; very delicious cut in half, quarters or wedges, brushed with a little olive oil, then roasted or grilled. Really yummy paired with potatoes and carrots.

Also makes a super tasty coleslaw, tossed with sweet fruit and nuts like apples, cherries, pecans.

Perfect for a beautiful kimchi, if you're a fan of this Korean favorite.

To store: keep cold, and keep from "breathing". The more it's exposed to air, the quicker it will spoil. Refrigerate, tightly wrapped in plastic— keeps for 2-3 weeks.

### **Leeks**

The mildest allium (onion and garlic family). Beautifully delicate and subtle; excellent anywhere you want a soft, elegant onion flavor. Bonus: they're EXTRA healthy! If you are a lover of soup, there's nothing quite like a creamy bowl of Potato Leek Soup at this time of year.

Because of how they grow, leeks often have sand and dirt trapped inside the layers. Make a lengthwise cut into the white/light green part of the leek and run under water, pulling open gently as you rinse.

To store: Wrap in a paper or cloth towel, refrigerate, (unwashed), in a loose plastic bag or container for up to a week, usually longer. To use, trim away root end and tough dark green tops.

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

- [October 10 Farm Letter](#)
- [October 10 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
- Delicata and Carnival Winter Squash
- Summer Crisp Head Lettuce
- Lacinato Kale
- Red Napa Cabbage
- Red Fingerling Potatoes
- Yukon Gold Potatoes
- Mixed Sweet Bell Peppers
- Orange Carrots
- Celery
- Leeks
- Garlic
- Honeycrisp Apples
- Pumpkin Apple Bread

### **1/2 Bushel Share**

- Delicata and Carnival Winter Squash
- Summer Crisp Head Lettuce
- Red Napa Cabbage
- Orange Carrots
- Sweet Bell Pepper
- Honeycrisp Apples
- Pumpkin Apple Bread

### **Bumper Crop Share**

- Broccoli
- Butternut Winter Squash
- Orange Carrots
- Leeks
- Lacinato Kale
- Honeycrisp Apples

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

Butternut Squash, Spinach, Russet Potatoes, Apples

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## Delicata Squash

This variety is less sweet; perfect for more savory dishes. When cooked, it gets really creamy, likely why it's such a favorite with squash lovers! Cut roasting slices, width-wise to create pretty scalloped rounds or halves.



## Carnival Squash

Very versatile little squash babies. Related to acorn, so you can substitute it in your acorn squash recipes. Since it's fairly mild and sweet, can use in place of butternut as well.

Most winter squash skin is edible, but some are tough and tasteless. Delicata skin gets very soft when roasted, so you may wish to leave it on when serving. Both of these varieties can be stuffed— they're perfect little bowls for soup, stew, chili, casseroles, roasted veggies, ragout, snack dips, etc.

### 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, right click here to open hyperlink: [Urban Graze Recipe Library](#) using full screen computer (won't 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

#### Oven Dinners

[French Country Cabbage Rolls w/ Greens & Leeks](#)  
[Chicken & Broccoli Divan](#)  
[Cheesy Broccoli & Rice Stuffed Squash](#)  
[Savory Broccoli & Pancetta Bread Pudding](#)  
[Broccoli and Noodle Kugel](#)  
[Maple Mustard Salmon & Broccoli](#)  
[Kale & Rice Stuffed Squash](#)  
[Chili Chicken Stuffed Squash](#)  
[Winter Squash & Kale Gratin](#)  
[Easy Baked Squash & Kale Risotto](#)  
[Kale & Leek Quiche](#)  
[Fish with Kale & Roasted Carrots](#)  
[Vegetarian Stuffed Peppers](#)

#### Stovetop Dinners

[Cashew Chicken w/ Broccoli & Bell Peppers](#)  
[Garlic-Ginger Broccoli & Winter Squash Medley](#)  
[Fish Taco Wraps w/ Broccoli Slaw](#)  
[White Fish Soft Tacos](#)  
[Chicken, Kale & Lentil Dinner Bowl](#)  
[Rigatoni with Kale & Italian Sausage](#)  
[Asian Soba Noodles with Beef & Veggies](#)  
[Quesadillas w/ Bell Peppers & Squash Puree](#)

#### Soups

[Creamy Broccoli and Potato Soup](#)  
[Super Simple Broccoli Soup](#)  
[No-Cream Potato Leek Soup](#)  
[Autumn Chicken Vegetable Stew](#)  
[Basque Cabbage Squash Soup](#)  
[Kale & Cabbage Ribollita](#)  
[Kale & Lentil Stew](#)  
[Squash, Potato & Cabbage Stew](#)  
[Carrot Ginger Soup](#)

#### Pizza

[Potato & Winter Squash Pizza](#)  
[Broccoli Galette](#)

#### Salads & Grain Bowls

[Asian Broccoli Salad](#)  
[Smashed Potato Salad on Wilted Greens](#)  
[Sesame Chicken and Shredded Greens Salad](#)  
[Many Greens Shredded Salad](#)  
[Asian Cabbage & Greens Salad w/ Steamed Vegetables](#)  
[Quinoa Bowl w/ Greens & Butter-Roasted Winter Squash](#)  
[Sweet Kale Salad with Almonds & Dried Fruit](#)  
[Savory Kale Salad with Walnuts & Raisins](#)  
[Kale Caesar Salad](#)  
[Celery Apple Waldorf Salad](#)  
[Celery Apple Blue Cheese with Greens Salad](#)  
[Cabbage Slaw with Blue Cheese & Apples](#)  
[Warm Coleslaw](#)  
[Colorful Cabbage Slaw](#)  
[Quick and Easy Kimchi](#)  
[Winter Squash Salad Dressing](#)  
[Honey Apple Vinaigrette](#)

#### Side Dishes

[Winter Squash with Leeks](#)  
[Colcannon](#)  
[Cabbage and Noodles](#)  
[Roasted Autumn Medley](#)  
[Roasted Veggies w/ Apple Cider Syrup](#)  
[Asian Sauteed Cabbage & Squash](#)  
[Roasted Cabbage](#)  
[Cheesy Roasted Cabbage](#)  
[Layered Lentil and Cabbage Gratin](#)  
[No-Cream Kale Gratin](#)  
[Crushed Garlic Potatoes with Leeks](#)  
[Frizzy Leeks](#)  
[Baked Apples](#)