

THE GRAZER

October 17, 2019



"It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly."
—Dr. Martin Luther King, Jr.

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?

Black Radishes

Store like apples— refrigerate in a perforated plastic bag (you can punch holes in a regular one), with some pieces of damp paper towels scattered inside. Spicy when raw, skin is especially so. Sweet carrots pair well. As with other radishes, roasting/cooking mellows flavor. Delicious in a stir fry, medley of roasted vegetables, or in a root vegetable soup.

Brussels Sprouts Stalk

On the stalk, they'll keep longest. Wrap in plastic, and store in refrigerator (or cool garage, if safe from critters). Break off sprouts as you need them. If the stalk takes up too much room in your fridge, first try cutting it in half before wrapping. Otherwise, snap off the sprouts and store them loosely in a plastic bag in the refrigerator. They'll keep about a week, but Brussels sprouts do lose sweetness as they age.

Dried Herbs

Cilantro is in the twist tied bag and Thyme is in larger ziplock bag. Lots of thyme (don't we always wish...) tuck into pretty little jars for Xmas gifts!

Pie Pumpkin

Edible, and can be substituted for any winter squash. Makes a nice serving bowl for soups and casseroles!

Mini White Pumpkin Gourds

Super fun decorations!— but not edible.

Right-Click to Open This Week's Hyperlinks:

- [October 17 Farm Letter](#)
- [October 17 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

- Butternut Winter Squash
- Brussels Sprouts Stalk
- Broccoli or White Cauliflower
- Savoy Spinach
- Sweet Potatoes
- Pie Pumpkin
- Orange Carrots
- Black Radishes
- Green Onions
- Haralson Apples
- Dried Thyme (lg. ziplock) & Cilantro (twist tie)
- Caramel Corn
- Decorative Mini Gourds

1/2 Bushel Share

- Butternut Winter Squash
- Brussels Sprouts
- Savoy Spinach
- Sweet Potatoes
- Orange Carrots
- Haralson Apples
- Caramel Corn

Bumper Crop Share

- Brussels Sprouts Stalk
- Broccoli or White Cauliflower
- Savoy Spinach
- Sweet Potatoes
- Red Curly Kale

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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*

Use first:

Brussels Sprouts and spinach should be first to get used from this week's box. With the sunny, nice weather predicted for the next couple of days, it will be a great time to enjoy a quick oven or stove top meal, a grain bowl (warm or cold) utilizing leftovers, or a side dish as an entrée, especially if you'll be on the go. I won't be able to resist at least one of the creamy comfort foods and/or soups...

Stovetop Dinners

[Stovetop Ginger Chicken with Brussels Sprouts](#)
[Skillet Teriyaki Chicken w/ Broccoli Cous Cous](#)
[Stovetop Broccoli Risotto](#)
[Sweet Potato Maple Pecan Burgers](#)
[Spinach Stuffed French Toast](#)
[Stovetop Chicken Thighs w/ Radishes & Carrots](#)

Pasta

[Creamy Chicken & Winter Squash Pasta](#)
[Vegetable Pasta with Cauliflower Cream Sauce](#)
[Pasta with Cauliflower & Capers](#)

Oven Dinners

[Roasted Squash & Apples w/ Wild Rice](#)
[Veggie Hashbrown Bake](#)
[Roasted Cauliflower & Italian Sausage w/ Cumin Yogurt Sauce](#)

Pizza

[Roasted Cauliflower & Greens Pizza](#)
[Broccoli Cheese Pizza](#)
[Winter Squash & Spinach Pizza](#)
[Chicken, Spinach & Radish Salad Pizza](#)

Misc.

[Radish Apple Salsa](#)
[Tuna Salad with Radishes](#)
[Pumpkin Pancakes](#)
[Sweet Potato Ginger Muffins](#)

Soups

[Butternut Apple Soup](#)
[Curried Cauliflower Soup](#)
[Roasted Squash and Rosemary Soup](#)

Salads & Grain Bowls

[Quinoa Bowl w/ Butter Roasted Squash & Greens](#)
[Winter Squash Salad](#)
[Grated Raw Squash and Apple Salad](#)
[Lemon Carrot Walnut & Apple Salad](#)
[Carrot, Apple and Dried Fruit Salad](#)
[Greens' Salad with Radish & Apple](#)
[Asian-Style Radish, Apple & Green Onion Slaw](#)
[Cauliflower, Grains & Greens Bowl w/ Orange Vinaigrette](#)
[Curried Cauliflower Grain Bowl](#)
[Shredded Greens & Brussels Sprouts Salad](#)
[3 Brussels Sprouts Salads](#)
[3 Spinach Salad Ideas](#)

Side Dishes

[Maple Roasted Autumn Vegetable Medley](#)
[Swoon-Worthy Creamed Spinach](#)
[Sautéed Spinach](#)
[Candied Carrots](#)
[Cauliflower Broccoli Gratin](#)
[Maple Roasted Whole Cauliflower](#)
[Roasted Cauliflower with Garam Masala](#)
[Skillet Brussels Sprouts and Carrots](#)
[Basic Roasted Brussels Sprouts \(and variations\)](#)
[Butternut Squash Mac and Cheese](#)
[Thyme Roasted Butternut Squash](#)
[Basic Pan-Roasted Radishes](#)
[Oven Roasted Radishes w/ Mustard Vinaigrette](#)