THE GRAZER

urban graze

> "He who knows what sweets and virtues are in the ground, the waters, the plants, the heavens, and how to come at these enchantments, is the rich and royal man."
> —*Ralph Waldo Emerson*

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

What's this?

Purple Beans– *they turn green when cooked, so serve raw if you want to show off the color. It's a really good week to consider freezing your beans. Instructions link on page 2.*

Chioggia Beets *The "carnival beets"! They definitely deliver a big wow factor. When cooked the flavor will be delicious, but be aware that the intensity of the pretty red color swirl will fade to a soft pink.*
To really highlight their pizazz, use chioggias in a raw dish, like a salad. Also make lovely quick pickles.
Chioggias are especially gorgeous when spiralized, sliced paper thin (a good time to pull out the mandolin, if you have one), or cut into cute little matchsticks. Don't you think visually stunning food tastes extra delicious?! I bet even a non-beet-lover in your house will want to try a crunchy bite of these beauties. Bonus– the tasty greens can be used just like spinach.

Ground Cherries *In the same fruit family as tomatoes- and as you might guess from their appearance, ground cherries are tomatillos' mini cousins. They're really good for snacking– a mild little bite of sweet and citrus all at once. This means they do well either in savory or sweet dishes. You might try a ground cherry salsa– see page 2.*

Shallots *Related to both onions and garlic, but are their own species. Very mild and refined cousin of the clan– a highly prized chef ingredient. Shallots are especially sweet when cooked; but because they're so mild, they are very often used raw- e.g. minced into salad vinaigrettes.*

Radishes *Discover a whole new veggie! Try cooking– they become deliciously sweet and mild. Excellent when roasted; great in a medley with other root veggies, or add to soup, stirfry, warm grain bowls, etc.*

Spaghetti Squash
Very mild. Flesh can be used to make "squash spaghetti":
Roast squash and cool just enough to handle it; run a fork through the flesh in long, sweeping strokes to separate it into "noodle" strands.

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

- **October 3 Farm Letter**
- **October 3 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
- Chioggia Beets
- Green &/or Yellow, Purple Beans
- Spaghetti Winter Squash
- Green Butter Head Lettuce
- Red Potatoes
- Mixed Sweet "Yummy" Peppers
- Red Radishes
- Shallots
- Garlic
- Parsley
- Watermelon
- Ground Cherries
- Apple Crisp

1/2 Bushel Share
- Broccoli
- Green &/or Yellow, Purple Beans
- Spaghetti Winter Squash
- Green Butter Head Lettuce
- Red Potatoes
- Mixed Sweet "Yummy" Peppers
- Ground Cherries

Bumper Crop Share
- Broccoli
- Green &/or Yellow, Purple Beans
- Chioggia Beet
- Red Radishes
- Red Curly Kale

Some of what might be coming next week:

Leeks, Spinach, Carrots, Red Napa Cabbage, Apples

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Recipe selections below from the Urban Graze Recipe Library chosen for <u>this week's</u> 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: <u>Urban Graze Recipe Library</u> 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*

This week I hope you have some fun with your spaghetti squash! So simple- after you cook/roast it, just run a fork through the flesh and voile!- you've got healthy "pasta". Wilt some beet greens into it while still hot, as you would spinach, along with a little butter or olive oil Yum! Serve with your favorite red or veggie sauce, or try one of the recipes below. Time to get our ovens back in full use!

What a perfect time to make a potato-green bean salad– an awesome summer to fall cross-over dish that will be nice to have on hand over the weekend and/or into the week ahead. And of course, you're sure to be the hit of the household when you serve up a Chioggia beet adorned salad. Maybe if you've got any of those blue sweet potatoes still on hand, it'd be fun to have a red, white and blue salad in honor of the Minnesota Twins on Monday night!

Oven Dinners
Potato & Veggie Layered Casserole Stew
One Dish Roasted Chicken & Veggie Dinner
Twice Baked Spaghetti Squash Bowls
Spaghetti Squash & Bacon Casserole
Broccoli Pasta Hotdish
Broccoli and Noodle Kugel

Pasta
Broccoli and Potato "Pasta"

Pizza
Beet & Onion Pizza

Sandwiches, Tacos & Wraps
Spaghetti Squash Tacos

Soups
Creamy Broccoli and Potato Soup

Breakfast/Brunch
Spaghetti Squash w/ Ham & Maple Syrup

Salads & Grain Bowls
Potato & Green Bean Salad w/ Walnut Dressing
Roasted Potato & Bean Salad w/ Yogurt Mustard Dressing
Warm Potato & Green Bean Salad
Spaghetti Squash Salad
Beets and Greens Salad
Colorful Root Vegetable Salad
Grated Beet Salad w/ Star Anise
Chioggia Beet Carpaccio
Matchstick Chioggia Beet Salad
Beets, Greens & Quinoa Bowl w/ Garlic-Yogurt Dressing
Asian Broccoli Salad
Broccoli Stalk Ribbon Salad

Side Dishes
Tangy Twice Baked Potato Bites
Easy Stovetop Garlic Potatoes
Classic Parsley Potatoes
Steamed Beans with Almonds
Garlic-Soy Green Beans

Treats, Snacks, Misc.
Beet Salsa
Ground Cherry Salsa