

# THE GRAZER

*Happy Thanksgiving!*

November 14, 2019



“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

*-William Arthur Ward*

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

*Thank you for being a part of our CSA in 2019! It's an honor to serve you, and the farmers, in this endeavor. I appreciate your commitment, kindness, and recognition that real life, small-family, sustainable farming is very risky, hard work— but a value worth holding onto. We're in a unique and special circle community together, and I'm most grateful.*

*Most of the produce in your box today will last at least a couple of weeks. I would encourage you to properly store items for best success.*

*To really maximize the flavor of your fresh Brussels sprouts, I'd say they should be eaten fairly soon, because they begin to lose their optimal sweetness after 4-5 days.*

*The Chioggia “candy cane” beets are going to make some really fun holiday wow” presentations. Remember that when cooked, the color intensity will diminish— will become a very pale pink. I mostly like to use the Chioggias raw— in salads for example. Try to show them off by spiralizing, cutting into matchsticks, slivering with a mandoline or grating.*

*I'm excited that we've gotten savoy cabbage, which I think is the very sweetest, loveliest variety. It is gorgeous in a salad or slaw, but it's equally delicious cooked. I've included links to recipes for some of our favorite cooked cabbage sides— cabbage with noodles, with lentils, with mashed potatoes, in a cheesy gratin, yum!*

*A super simple, tasty and pretty side is cabbage wedges— cut the cabbage into small-serving sized wedges, gently transfer to a parchment lined baking sheet and brush them with olive oil. Season with salt and pepper and bake at 400 for about 10 min. (+/- depending on wedge size).*

*The pie, rolls, bread, even caramel corn and red hots' popcorn can all be frozen until ready to use over the holidays. Just slide into a freezer ziplock bag. There's nothing like having some treats ready to serve on a moments notice at this time of year!*

*Best wishes to you for a wonderful holiday season and winter!*

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

- [November 14 Farm Letter and Photos](#)
- [Nov 14 Produce Info Storage & Prep Tips](#)

**A new storage tip for carrots and beets:**

My super-foodie guru friend Gina taught me a new trick that I've tried a few times and it really seems to help keep both of these vegetables fresh longer. I'm going to continue testing through the winter, but so far, I think it's a winner. Perhaps you might give it a try too. Place the carrots or beets (without tops) in a paper bag, then put that bag inside a plastic bag. Loosely close and store in the refrigerator. I think it works because the paper blocks light, allows “breathing room” and wicks away moisture. The plastic traps just enough needed hydration.

I'm going to experiment to see if it works as well if you place the veggie filled paper bag inside a glass/plastic storage container, instead of plastic bag. I'll let you know in spring!

**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 YOUR PRODUCE/PANTRY BOX

- Mixed Winter Squash: Butternut, Red Kuri &/or Acorn
- Brussels Sprouts
- Chioggia &/or Gold Beets
- Green Savoy Cabbage
- Sweet Potatoes
- Russet Potatoes
- Orange Carrots
- Red Cipollini Onions
- Yellow Keeper Onions
- Dried Oregano
- Egg Noodles
- Stuffing Bread Cubes
- Caramel Corn
- Red Hots Popcorn
- Carrot Bread
- Dinner Rolls
- Small Squash Pie

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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*

Besides turkey, Thanksgiving food is all about the sides -and using up the leftovers!

## Side Dishes

[Bread Stuffing](#)  
[Colcannon \(Irish Mashed Potatoes & Cabbage\)](#)  
[Hasselback Potatoes](#)  
[Mashed Potatoes and Squash](#)  
[Potatoes and Veggies in Parchment Packets](#)  
[Layered Beet and Potato Gratin](#)  
[Holiday Spiced Cabbage](#)  
[Cabbage and Noodles](#)  
[Layered Lentil and Cabbage Gratin](#)  
[Caraway Reisling Braised Cabbage](#)  
[Brussels Sprouts with Sage and Chestnuts](#)  
[Brussels Sprouts and Beets in Ginger Butter](#)  
[Shaved Brussels Sprouts with Mustard Sauce](#)  
[Candied Carrots](#)  
[Skillet Brussels Sprouts and Carrots](#)  
[Basic Roasted Brussels Sprouts \(and variations\)](#)  
[Wild Rice Hotdish](#)  
[Grated Beets with Star Anise](#)  
[Sweet Potato Skin Fries](#)

## Soups

[Basque Cabbage Squash Soup](#)  
[French Onion Soup](#)  
[Squash and Potato Stew](#)  
[Butternut Apple Soup](#)  
[Carrot Ginger Soup](#)

## Salads & Grain Bowls

[Quinoa Bowl with Butter Roasted Winter Squash](#)  
[Grains and Greens Bowl with Beets and Carrots](#)  
[Cabbage Beet Slaw with Lentils](#)  
[Warm Coleslaw](#)  
[Curried Confetti Coleslaw](#)  
[Orange Beet Salad](#)  
[Golden Beet Slaw](#)  
[Carrot and Beet Slaw](#)  
[Borscht Salad](#)  
[Chioggia Beet Salad](#)  
[Winter Squash Salad](#)  
[Grated Squash Salad](#)  
[Lemon Carrot Walnut & Apple Salad](#)  
[Carrot, Apple and Dried Fruit Salad](#)  
[3 Brussels Sprouts Salads](#)

## Entrees

[Butternut and Cabbage Pasta](#)  
[Turkey Pot Pie with Sweet Potato Biscuits](#)  
[Sweet Potato Maple Pecan Burgers](#)  
[Potato Winter Squash Pizza](#)  
[Beet and Onion Pizza](#)

## Misc.

[Beet Salsa](#)  
[Brunch Squash with Yogurt and Apple Relish](#)  
[Easy Sweet Potato Pie](#)  
[Sweet Potato Cranberry Bread](#)