



Food For Thought

"We are each other's harvest; we are each other's business; we are each other's magnitude and bond."
 – Gwendolyn Brooks

[July 16 Farm Letter](#)

[2020 Produce Info, Storage & Prep Tips](#)

[2020 Pantry, Fridge & Freezer Basics](#)

[2020 Member Responsibilities & Dropsite Protocols](#)

[How to Flatten Your CSA Box](#)

Inside Your Box Today

Link to recipe ideas for this week below

3/4 and 7/8 Bushel Shares

Purple Cauliflower
 Broccoli
 Snap Peas, or Shell Peas
 Lacinato Kale
 Green Cabbage
 Purple Kohlrabi
 Red Potatoes
 Cherry Tomatoes
 Cucumber
 Red or Black Raspberries
 Rhubarb Bread

1/2 Bushel Shares

Eggplant
 Snap Peas
 Green Cabbage
 Purple Kohlrabi
 Red Potatoes
 Slicer Tomatoes
 Red or Black Raspberries
 Rhubarb Bread

Eat first:

[Raspberries, Peas](#)

Try something new:

[Kohlrabi](#)– find usage ideas by clicking on both this week's and last week's recipe cards' links. Additional general info can be found on page 2 of: [July 9 Newsletter](#).

[Garam Masala](#)– I call it the Scandinavian-Indian Fusion Spice– fabulous! It's an Indian spice blend often paired with cauliflower, so this is a great week to try it– I think you'll love it. Most blends contain Cumin, Coriander, Cardamom, Cinnamon, Cloves, Nutmeg. The result is sweet-spice wonderfulness! NOT hot spicy.

Waste Not, Want Not:

[Broccoli & Cauliflower leaves](#)– add to salads, cooked dishes. Save your [pea shells](#). One of our favorite food delights. They add amazing flavor to soup broths, pasta creams++. Find out more on page 11 of today's recipe cards'.

Link:

[July 16 Recipes](#)

Archived Recipes Sent in 2020

[July 9 Recipes](#) includes: broccoli, snap/snow peas, summer squash, red chard, kohlrabi, fennel, tomato, onion, rhubarb

[June 25 Recipes](#) includes: broccoli, beets, summer squash, lettuce, bok choy, tomato, radish, green onion, mint, strawberries

Click on link to printable recipe pages for this week's produce: [July 16 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*