



August 13 Recipes

(+Archived recipes on back side using this week's produce)

Eat first:

Corn, Heirloom Tomato

Try something new:

Lunchbox peppers are super fun little poppers. Very low seeds, so enjoy as they are if you wish. Perfect for grilling— simply skewer the whole thing.

In our house, a portion of our loaf of Garlic Cheese Bread will be saved for oversized croutons that will go into more than one of our favorite summer salads this week.

I've included several recipes for kale salads, including a no-egg Kale Caesar, a Broccoli Panzanella Salad and others—all awesome with croutons.

Don't forget to eat your yummy broccoli stems. Delicious raw with dip, in salads, stir fry— really versatile.

Carrot tops make a great pesto addition, and can be used as a substitute for parsley.

There are additional kale recipes in the July 16 recipe archives— link on back side. Archived recipes for the other produce in your box too.

*Some of what might be harvest-ready on August 20:
White Cauliflower, Brussels Sprouts, Beets*

Food For Thought

"Let us not forget that the cultivation of the earth is the most important labor of man. When tillage begins, other arts will follow. The farmers, therefore, are the founders of civilization."

-Daniel Webster

August 13 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

Sweet Corn
Yellow and/or Purple Beans
Broccoli
Mixed Summer Squash
Green Curly Kale
Carrots
Heirloom Tomato
Rainbow Cherry or Slicer Tomatoes
Lunchbox & Carmen Sweet Peppers
Cilantro
Cantaloupe
Garlic Cheese Bread

1/2 Bushel Shares

Yellow and/or Purple Beans
Broccoli
Green Curly Kale
Carrots
Heirloom Tomato
Carmen Sweet Peppers
Cantaloupe
Garlic Cheese Bread

Click on link to printable recipe pages for this week's produce: [August 13 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*



Archived Recipes Sent in 2020

Highlighted orange items are in this week's box.

[August 6 Recipes](#) includes: **sweet corn, green beans**, eggplant, Savoy cabbage, Yukon Gold potatoes, Heirloom tomatoes, cucumber, green pepper, dill, blueberries

[July 30 Recipes](#) includes: **sweet corn, green beans, mixed summer squash**, mixed head lettuce, rainbow chard, fennel, cucumber, purple bell and jalapeno peppers, cherry tomatoes, red onion, blueberries

[July 23 Recipes](#) includes: purple cauliflower, **mixed summer squash, green beans**, spinach, head chicory, bok choy, carrots, cherry tomatoes, green and purple peppers, red onion, cucumber

[July 16 Recipes](#) includes: purple cauliflower, **broccoli**, snap peas, lacinato **kale**, green cabbage, kohlrabi, red potatoes, cherry tomatoes, cucumber, raspberries

[July 9 Recipes](#) includes: **broccoli**, snap/snow peas, **mixed summer squash**, red chard, kohlrabi, fennel, slicer and cherry tomatoes, candy onion, rhubarb

[June 25 Recipes](#) includes: **broccoli**, red beets, **mixed summer squash**, mixed head lettuces, bok choy, red slicer tomatoes, French breakfast radishes, mixed bunching onions, mint, strawberries

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