

THE GRAZER



August 20, 2020



Food For Thought

"Earn your name. Be kind, and wild, and disciplined, and absolutely generous."
-Martin Shaw

[August 20 Farm Letter](#)

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

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

[2020 Member Responsibilities & Dropsite Protocols](#)

[How to Flatten Your CSA Box](#)

[August 20 Recipes](#)

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

Eat first: Tomatoes and Basil

Try something new:

Beets

Beet greens are very flavorful and very healthy. Use as you would spinach or chard— in salads, tossed with pasta, etc. Remove from the roots and store in a separate bag, just like other greens.

Chioggia Beets. These carnival-like vegetables are super fun! Their whimsy factor can really be accentuated by the way you slice them— think matchstick cuts, spiralizing, paper thin slivers... Cooking fades the red color of the Chioggia beets to a pale pink. So, if you like the intensity of the red stripes, I suggest you serve them raw in a salad or on your veggie tray. They also make an amazing statement when pickled!

Red beets stain! —be sure to protect your hands, clothes, and counter. They also stain our bodies inside, so don't be alarmed by the effects after eating red beets.

Roast, steam or microwave. Leave peel on to cook, it'll rub off with a towel while still warm.

Brussels Sprouts

Delicious roasted, in a stir fry, or try shaving them raw into a salad.

For more prep/storage info on beets, Brussels Sprouts, and all veggies: [2020 Produce Info, Storage & Prep Tips](#)

Inside Your Box Today

Link to recipe ideas for this week below

3/4 and 7/8 Bushel Shares

Brussels Sprouts

Red and Chioggia Beets with Greens

Mixed Summer Squash

Sweet Mixed Lunchbox and Red Carmen Peppers

Heirloom and Red Slicer Tomatoes

Carrots

Cucumber

Red and Yellow Cipollini Onions

Basil

Cantaloupe

Zucchini Bread

1/2 Bushel Shares

Brussels Sprouts

Red Beets with Greens

Mixed Summer Squash

Red Slicer Tomato

Cucumber

Sweet Mixed Lunchbox OR Red Carmen Peppers

Basil

Cantaloupe

Zucchini Bread

*Some of what might be harvest-ready on August 27:
Red cabbage, watermelon, sweet bell peppers, potatoes*

Click on link to printable recipe pages for this week's produce: [August 20 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

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Our CSA watermelons are ripening on the vines! Hopefully they'll be ready to pick next week!



Archived Recipes Sent in 2020

Highlighted orange items are in this week's box.

August 13 Recipes includes: sweet corn, yellow/purple beans, broccoli, **mixed summer squash**, green curly kale, **carrots**, **heirloom/slicer tomatoes**, **lunch-box & Carmen sweet peppers**, cilantro, **cantaloupe**

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, cherry and **slicer 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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