



Food For Thought

“Without love of the land, conservation lacks meaning or purpose, for only in a deep and inherent feeling for the land can there be dedication in preserving it.” -Sigurd F. Olson

[August 27 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 27 Recipes](#)

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

Eat first: Corn

One of the things I love about farm food at this time of year is the color! So much color! Late summer we get an amazing rainbow of produce– red, pink and purple, yellow and green... it’s simply the best when your plate is full of such vibrancy.

Who wouldn’t want seconds and thirds of all that beautiful food on their plate?!

Just as we are getting our last summer squash (??)of the year, nature is ushering in “that-other-season” squash! Can’t quite bring myself to say the “w” word yet. It’s certainly a harbinger of the seasonal transition. For info on storing and simple roasting:

[About Winter Squash](#)

Kennebec Potatoes

Kennebecs are one of my favorites– very robust, lovely, uniform appearance, with a silky-firm, moist flesh. They’re starchy and have a rich, earthy, almost nutty flavor when cooked. They also hold together beautifully when cooked, meaning they remain stable- not too firm, not too mushy.

All reason why they’re so prized by high end restaurants as the “perfect potato”.

Store really well.

Inside Your Box Today

Link to recipe ideas for this week below

3/4 and 7/8 Bushel Shares

Sweet Corn
Green & Yellow Beans
Summer Squash
Acorn Squash
Red Cabbage
Kennebec Potatoes
Heirloom Tomato
Red & Purple Bell Peppers
Carmen Sweet Pepper
Cucumber
Green Onion
Mint & Basil
Red Seedless or Yellow Seeded Watermelon
Tomato Basil Egg Noodles

1/2 Bushel Shares

Sweet Corn
Green & Yellow Beans
Acorn Squash
Red Cabbage
Kennebec Potatoes
Heirloom Tomato
Carmen Sweet Pepper
Cantaloupe or Watermelon
Tomato Basil Egg Noodles

Click on link to printable recipe pages for this week’s produce: [August 27 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

THE GRAZER

August 27, 2020

Archived Recipes Sent in 2020

Highlighted orange items are in this week's box.

August 20 Recipes includes: Brussels sprouts, red & Chioggia beets, **mixed summer squash**, lunchbox & **Carmen sweet peppers**, Slicer/**Heirloom tomatoes**, carrots, **cucumber**, red & yellow cipollinis, basil, **cantaloupe**

August 13 Recipes includes: **sweet corn**, yellow/purple **beans**, broccoli, mixed **summer squash**, green curly kale, carrots, slicer/**Heirloom tomatoes**, lunchbox & **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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