

THE GRAZER

August 6, 2020



Food For Thought

“Great things are done by a series of small things brought together.”
-Vincent Van Gogh

[August 6 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 6 Recipes](#)

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

Eat first:

Sweet Corn, Eggplant, Heirloom Tomatoes, Blueberries

Try something new:

Large Boxes got the first **heirloom tomatoes** this week. They're ripe no matter the color! A much anticipated "side dish" in our house this week is a solo slice of mouth watering tomato— sure to be the featured item of the meal. Who needs dessert?!

Savoy cabbage is a favorite with chefs because of its beautiful appearance, sweet and mild flavor, and extremely tender leaves. The leaves are outstanding for cabbage rolls.

Waste Not, Want Not:

No reason to peel your potatoes unless you are mashing -or you want to. The peel is full of super nutrients.

Potatoes and tomatoes are among the most important vegetables to buy and eat organic. They're consistently on the Environmental Working Group's "dirty dozen" list—which is determined by the USDA's annual data on fresh produce contaminated with the most pesticides.

As a side note— please buy organic raisins! This year the EWG also tracked raisins. 99% of all non-organic raisins currently on the retail market were found to have at least 2 pesticide residues. Overall, they ranked worse than any fresh fruit that was tested.

Inside Your Box Today

Link to recipe ideas for this week below

3/4 and 7/8 Bushel Shares

Sweet Corn
Green Beans
Eggplant
Savoy Cabbage
Yukon Gold Potatoes
Heirloom Tomato
Cucumber
Green Bell Peppers
Dill
Blueberries
Cinnamon Rolls

1/2 Bushel Shares

Sweet Corn
Green Beans
Patty Pan Summer Squash
Savoy Cabbage
Yukon Gold Potatoes
Red Slicer Tomatoes
Dill
Blueberries
Cinnamon Rolls

Some of what might be harvest-ready on August 13: Purple & Yellow Beans, Broccoli, Sweet Bell Peppers, Lettuce, Melon

Click on link to printable recipe pages for this week's produce: [August 6 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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"More beautiful clover hay is now out and drying in the fields. Of course, it's always a trick to know when to cut hay so that it dries and doesn't just get rained on! The scent of cut and drying hay is peaceful, and so is the view of our cows grazing on the hillside, and bees humming midst the flowers. It makes my heart feel glad. No wonder summer is my favorite season!" Anna



Archived Recipes Sent in 2020

Highlighted orange items are in this week's box.

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/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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