



Food For Thought

“Be the answer to your ancestors prayers... the best thing you can do in your lifetime is set up the next generation for success.” -Sean Sherman, *The Sioux Chef*

September 10 Farm Letter on reverse side

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

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

[2020 Member Responsibilities & Dropsite Protocols](#)

[How to Flatten Your CSA Box](#)

September 10 Recipes

On page 2, there are archived recipes that will utilize produce in your box this week– highlighted in orange.

Eat first: Eggplant, Spinach

Some of what might be harvest-ready on September 17: Napa Cabbage (get ready, all you kimchi makers!!), cauliflower, maybe the last corn and beans for the year, sweet potatoes

Fairytale Eggplant the user-friendly size is so easy to cook with, simply slice or chop as you would a summer squash. In fact, you can substitute for zucchini in many cooked dishes. Eggplant soaks up flavors like a sponge, and is complemented beautifully by tomatoes. It bruises easily, so be careful when storing, and use fairly quickly.

Purple Broccoli -say what?! Small, random looking heads are typical; the flavor is very similar to green broccoli, with a hint of wonderful nuttiness. A delicious *and* nutritious winner. Purple color means it's loaded with antioxidants, and the presentation definitely gets an A+ wow-factor rating!

Butternut Squash beloved for it's luscious, sweet flavor and cutting/peeling ease. An all-around favorite winter squash.

Rainbow Carrots are so fun– I love to use my peeler to make colorful ribbons, or to slice them into coins, showing off their multilayered rainbow rings.

Purple carrot varieties are actually one of the first originally cultivated varieties among all carrot colors. They've been traced to the Middle East region of what is modern day Afghanistan, beginning in the tenth century and perhaps earlier. Originally used as a clothing dye by Afghan royalty, the purple carrot is now being tested for use as a natural food coloring.

Inside Your Box Today

Link to recipe ideas for this week below

3/4 and 7/8 Bushel Shares

Fairytale Eggplant
Purple Broccoli
Butternut Winter Squash
Brussels Sprouts
Spinach
Red Radishes
Lunchbox & Sweet Red Carmen Peppers
Heirloom and Red Slicer Tomatoes
Rainbow Carrots
Parsley
Watermelon
Carrot Bread

1/2 Bushel Shares

Fairytale Eggplant
Butternut Winter Squash
Brussels Sprouts
Spinach
Red Radishes
Heirloom Tomato
Rainbow Carrots
Watermelon
Carrot Bread

Click on link to printable recipe pages for this week's produce: [September 10 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. Click on date to access link.

August 27 Recipes includes: sweet corn, yellow & green beans, mixed summer squash, acorn **winter squash**, red cabbage, Kennebec potatoes, purple & **red Carmen sweet peppers**, **Heirloom tomatoes**, **carrots**, cucumber, green onion, mint, basil, yellow/red **watermelon**

August 20 Recipes includes: **Brussels sprouts**, red & Chioggia beets, mixed summer squash, **sweet lunchbox & Carmen 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**, **eggplant**, 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

Hello CSA Members!

Rainy days and now frost. Wow!
We are really hurrying to get our winter squash inside. You would think "winter" squash could tolerate cold, but it's not very true to its name.

In summertime on the farm, making meals is easy. We pick from the garden and cook the vegetables right up. Right now, we're enjoying winter squash for breakfast. It's warm and hearty and fills us up for the morning's work. I like to cook it until it's really soft, then put it on toast with tomato "gravy" and an egg on the side. For our evening meal I'll often peel it, slice real thin, dip in melted butter, then flour and salt, and fry it until golden. Yummy!

We know winter is just around the corner, so we're preparing now for cold weather meals, when it's not so easy, and fresh food from the garden can't be gathered outside our door.

This week I've been canning beans, pickles, corn and tomatoes. It is very satisfying to peek inside the cellar pantry door, and see the shelves lined with all those jars, filled with pretty vegetables.

Have a happy week! Your CSA farmers



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