



Food For Thought

“Let us be grateful to the people who make us happy. They are the charming gardeners who make our souls blossom.”
-Marcel Proust

September 17 Recipes

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

Eat first: Sweet Corn

What will last longest: Starry Night squash. It will keep for months. These speckly, twinkly beauties are very sweet, and the texture is extra creamy.

Hurray for lovely Roma Tomatoes, All-Red Potatoes, Sweet Potatoes and Napa Cabbage!!

Romas are very low moisture, with somewhat thicker skins than other tomatoes. They are fabulous layered on pizza, added to oven dishes that you don't want soupy. My husband loves to add them to omelets. Romas are used for making paste, so they'll reward you with a lovely thick, rich pasta/pizza sauce. Make a simple sauce by sauteeing a little onion and garlic in a drizzle of olive oil. Add tomatoes and let them cook, uncovered, until they reach the consistency you prefer. Add other seasonings/spices if you wish, such as basil and/or oregano.

Napa (or Chinese) cabbage is famously used in kimchi. Flavor is a sweet broccoli-turnip cross. It is excellent in a stir fry or as a salad green.

All-Red Potatoes Super fun! They transform a basic salad, even a simple fork-mash of these darlings makes a gorgeous presentation. Terrific little all-purpose potatoes—starchy and loaded with antioxidants.

Sweet Potatoes wonderful bakers—prepare as you would a russet potato. Crazy rich in vitamin A, as well as C and tons more. Yet, they are very low calorie— a medium sweet potato has only 100 calories. Keep in a cool dark place away from onions and moisture; don't refrigerate. Skins are thin and delicate, so handle with care.

September 17 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
Green Beans
Starry Night Winter Squash
Sweet Potatoes
All-Red Potatoes
Roma Tomatoes
Yellow Slicer Tomato
Sweet Carmen Pepper
Napa Cabbage
Yellow Keeper Onion
Red Watermelon (XL may be halved)
Caramel Corn

1/2 Bushel Shares

Green Beans
Carnival Winter Squash
Sweet Potatoes
All-Red Potatoes
Roma Tomatoes
Napa Cabbage
Red Watermelon (XL may be halved)
Caramel Corn

Some of what might be harvest-ready on September 24:

Cheddar cauliflower, butterhead lettuce, gold beets, ground cherries, carrots, all-blue potatoes

Click on link to printable recipe pages for this week's produce: [September 17 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

September 17, 2020

Archived Recipes Sent in 2020

Highlighted orange items are in this week's box. Click on date to access link.

September 10 Recipes includes: fairytale eggplant, purple broccoli, butternut **winter squash**, Brussels sprouts, spinach, red radishes, sweet lunchbox & **Carmen peppers**, Heirloom & red slicer **tomatoes**, **watermelon**

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



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