



### Food For Thought

“Oh, mother earth, your comfort is great, your arms never withhold.” -Mary Oliver

### [September 3 Farm Letter](#)

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

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

[2020 Member Responsibilities & Dropsite Protocols](#)

[How to Flatten Your CSA Box](#)

## September 3 Recipes

Please find archived recipes for produce in your box on back side using this week’s produce– highlighted in orange.

**Eat first:** Corn and Spinach

As with all the greens you get in your box, please be sure to remove your spinach from the plastic bag and wrap it loosely in paper or cloth towels. Store in fridge inside a dry plastic bag or storage container, and eat fairly quickly.

The **Hakurei/scarlet turnips** are a real treat! They are very mild– milder than most radishes. Excellent when roasted. Also wonderful sliced into a stir fry or early autumn stew with your squash. If you’re a lover of radishes, you’ll love these, whether cooked or raw– sliced/grated into your salad or served on with other raw veggies on a crudité platter. The greens are edible as well.

Storage tips and other info on each produce item can be found in the “2020 Produce Info, Storage & Prep Tips” link– found every week in the upper right corner of the newsletter.



*Some of what might be harvest-ready on September 10:*

*Broccoli  
Cauliflower  
Fairytale Eggplant  
Watermelon*

## Inside Your Box Today

*Link to recipe ideas for this week below*

### 3/4 and 7/8 Bushel Shares

Sweet Corn

Green Beans

Red Kuri Squash

Spinach

Heirloom & Red Slicer Tomatoes

Carrots

Fennel

Carmen & Yummy Mix Sweet Peppers

Jalapeno Hot Peppers (green)

Hakurei and Scarlet Turnips

Green and Purple Bunching Onions

Oregano

Cantaloupe

Zucchini Carrot Cake

### 1/2 Bushel Shares

Sweet Corn

Green Beans

Red Kuri Squash

Spinach

Heirloom Tomato

Carmen Pepper

Green and/or Purple Bunching Onions

Oregano

Cantaloupe

Zucchini Carrot Cake

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 3, 2020

## Archived Recipes Sent in 2020

*Highlighted orange items are in this week's box.*

**August 27 Recipes** includes: **sweet corn**, yellow & **green beans**, mixed summer squash, acorn **winter squash**, red cabbage, Kennebec potatoes, purple & sweet red **Carmen 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, 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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