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2016 CSA

Fall

October 1st

Planet Earth Diversified

- **Bell Peppers**
- **Eggplant Medley**
- **Yukon Gold Potatoes**
- **Baby Ginger**
- **Thai Basil with flowers**
- **Delicata Squash**
- **Tomatoes (pick from set)**
- **Cucumber**
- **Patty Pan Squash**
- **Baby Arugula 8x8**
- **Hatch type green chilies**

Delicata squash this week! So versatile and the skin is so thin, you can eat that too. We cut them in half, scoop out the seeds, (roast seeds for a bonus treat) and



bake on a pan with about ½ an inch of water for about half an hour @350. They can also be stuffed and baked...we like to use the toasted seeds as a garnish.

Consider using greens, cheese, and herbs for a yummy stuffing combo. For a quick dish, we like to roast the halves and then garnish with pumpkin and Indian spices like ginger,



cardamom. Simply with brown sugar and butter makes for a nice desert with the custard-like consistency when cooked.

This week we have been enjoying

eggplant lasagna-style, substituting the pasta sheets with slices of eggplant instead. Did you know that that you can also dry sliced eggplant and store it like pasta?

To the right is a photo of Chef Anderson's mixed drinks with Thai Basil. Have you ever tried Thai Basil in an iced coffee? Make a simple syrup of sugar and water and steep your leaves as it cools. Use the syrup in your coffee drink. Hope you get inspired this week! Enjoy!

