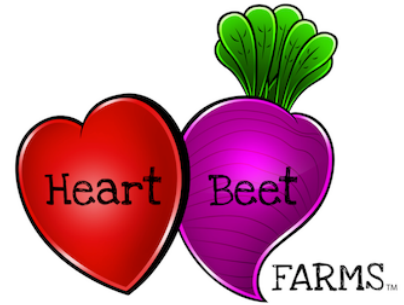


# Week 5



We hope you enjoyed Week 4's CSA box & soup!

In Week 5, Yellow Squash, also known as Summer Squash, is a main theme! It is a versatile vegetable that delivers several nutritional benefits and is used in many types of dishes. Yellow squash is VERY low in calories, with approximately 20 calories in a small-sized vegetable and 30 calories in a medium-sized vegetable. The few calories in yellow squash come primarily from the carbohydrate content, which is also low. A 1-cup serving of sliced, yellow squash contains approximately 4 grams of carbohydrates. Yellow squash is a good option to replace high-calorie vegetables, such as potatoes and corn. Yellow Squash is a very good source of vitamin C, magnesium, dietary fiber, phosphorus, potassium, folate, vitamin B6 and vitamin K. Check out our Pinterest Account in the *"Don't Squash Us"* Board for yellow squash recipes!

## Weekly Soup or Sauce: **Roasted Zucchini & Squash Soup\***

### Ingredients

- Roasted Yellow Squash
- Roasted Zucchini
- Tomatoes
- Chicken Stock
- Yellow Onion
- Olive oil, garlic, salt, pepper

\*Recipe by Healthy Living Networking



*Peace, Love & Veggies,*

*Ann & Jen*

### *What else is included in your box this week?*

- Herbs
- Cabbage
- Kale
- Zucchini
- Yellow Squash
- Cucumbers
- String Beans?
- Garlic

## **Recipe Idea: Yellow Squash & Curry Stew**

*shared by CSA member Ellen*

### Ingredients:

2 lbs yellow squash coarsely chopped; 1 medium sweet onion coarsely chopped; 1 pint grape tomatoes; 3 garlic cloves thinly sliced; 2 tablespoons olive oil; 2 teaspoons curry powder; ¼ teaspoon dried crushed red pepper; 1 ½ teaspoons kosher salt divided; 3 cups organic veggie or chicken broth, divided; 2 tablespoons butter; 1 tablespoon fresh lime juice; ½ cup torn fresh basil; ¼ cup loosely packed fresh flat leaf parsley leaves.

### How to Make It:

For the Procedures, visit our website under Recipe Videos!

### **IMPORTANT NOTE**

Protecting our Earth through recycling is very important to HeartBeet Farms. Please contribute by bringing back the box that your veggies arrive in when you pickup or we deliver the following week.

[heartbeetfarms.com](http://heartbeetfarms.com)

Link to our **Pinterest** for recipes