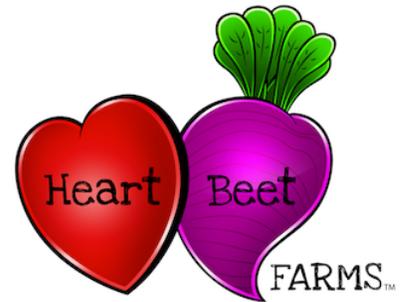


Week 10



We hope you enjoyed Week 9's CSA box & soup!

Another squash variety has been added to your CSA bag this week...delicata squash! Delicata squash is a variety of winter squash with cream-colored cylindrical fruits with dark green stripes. As its name suggests, it has a delicate rind or skin. Delicata is also known as peanut squash, Bohemian squash, or sweet potato squash. I roasted some delicata squash this past weekend and it definitely had a consistency similar to potato. The family enjoyed it very much!

This week we also get to enjoy arugula, a leafy green plant with a spicy/peppery taste that is closely related to radish, kale, and cauliflower. Arugula is a good dietary choice for a healthy body and keeping the mind clear and focused. It contains high levels of folic acid and antioxidants like vitamin C, vitamin K, and vitamin A. Arugula makes for a delicious addition to any salad!

Peace, Love & Veggies ----- Ann & Jen

Weekly Soup or Sauce: **Carrot Soup**

Ingredients:

Carrots – Sautéed Onions - Vegetable Stock Puree –
Dill Seasoning

**Recipe by Jason's Food Service Group & Catering*

What else is included in your bag this week

Lettuce
Arugula
Tomatoes
Spaghetti Squash
Savoy Cabbage
Delicata Squash
Peppers

IMPORTANT NOTES

Don't forget your HeartBeet Farms Bags!
Our new CSA packages will be
communicated shortly! Stay tuned...

Recipe Idea:

Maple Roasted Delicata Squash with Red Onion

Ingredients:

- Delicata squash halved lengthwise, seeded, and cut into 1/4-inch thick slices
- Red onions, halved lengthwise and cut into 1/2-inch rings
- 3 garlic cloves, peeled and smashed
- 2 fresh thyme sprigs
- 1/2 teaspoon red-pepper flakes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons maple syrup
- Kosher salt
- freshly ground black pepper

How to Make It:

1. Preheat the oven to 425°F degrees.
2. Place the squash, red onion, garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.
3. Spread vegetables evenly onto two large, rimmed baking sheets.
4. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

heartbeetfarms.com

Link to our  *Pinterest* for recipes