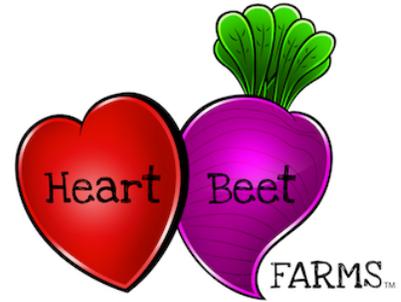


# Week 11



## We hope you enjoyed Week 10's CSA box & soup!

We have not highlighted any of the lettuces that you received this season. One of our absolute favorites is the red butterhead (also known as red butter crunch) lettuce! Butter lettuce is a variety of butterhead lettuce, known for its smooth, loosely bunched, tender leaves. Useful in a number of dishes, butter lettuce is rich in nutrients and can easily be added to salads, sandwiches and wraps. The delicate leaves can also be used to wrap other foods, creating a low-carbohydrate wrapper rich in nutrients. A 1-cup serving of cut-up butter lettuce contains only 21 calories per serving. With less than half a gram of fat, 3.63 grams of carbohydrate, 0.74 grams of protein, 1.53 grams of sugars and only 8 milligrams of sodium, butter lettuce is a low-fat, low-calorie, low-sodium food choice that is nonetheless rich in other nutrients such as Vitamin A and Phosphorus. Just wash your red buttercrunch lettuce and make a delicious salad – savor it while it lasts...3 more CSA weeks to go!

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

### Weekly Soup or Sauce: **Tomato Soup**

#### Ingredients:

Fresh tomato – Sautéed Fresh Garlic - Onion –  
Oregano – Basil – Salt & Pepper

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

### *What else is included in your bag this week*

Greens Combo: Broccoli Rabe,  
Red Russian Kale, Swiss Chard  
Red Butter crunch Lettuce  
Tomatoes  
Butternut Squash  
Peppers  
Corn

### **IMPORTANT NOTES**

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

### *Recipe Idea:*

### **Roasted Butternut Squash with Kale, Pecans and Parmesan**

#### Ingredients:

- 1 butternut squash, diced
- 2 tsp minced garlic
- 3 Tbsp chopped parsley
- 1/2 Tbsp olive oil
- salt + pepper
- 2 cups kale, de-stemmed and roughly chopped
- 1/4 cup chopped pecans
- 1/4 cup shaved parmesan

#### How to Make It:

1. Preheat oven to 400 F.
2. Poke holes in the squash with the top of knife and microwave for 2-3 minutes. This softens the skin and makes it easier to peel and dice. Cut the squash into small pieces.
3. In an 8x8 baking dish, add the squash, garlic, parsley, olive oil and freshly cracked salt & pepper.
4. Stir together cover with foil and bake about 40 minutes, or until the squash is fork tender.
5. Remove from oven and stir in the kale, pecans, and parmesan. Bake for 5 more minutes.

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

Link to our  *Pinterest* for recipes