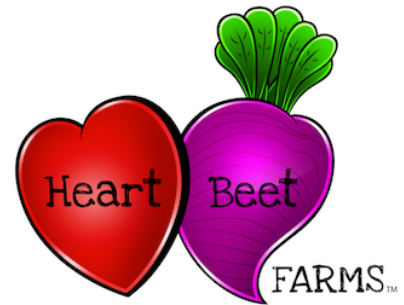


# Week 12



**We hope you enjoyed Week 11's CSA box & soup!**

You have had the opportunity to savor spaghetti, delicata, sweet dumpling, and butternut squash so far! This week we are including acorn squash, also called pepper squash or Des Moines squash. Acorn is a winter squash with distinctive long ridges on its exterior and sweet, yellow-orange flesh inside. Acorn squash is most commonly baked, but can also be microwaved, sautéed or steamed. For savory recipes, it may be stuffed with rice, meat or vegetable mixtures. For sweeter dishes, maple syrup or honey is used to fill the halves prior to baking, or used in a sauce or glaze to enhance the squash's flavor. The seeds of the squash can also be eaten, usually after being toasted first. Acorn squash can be used to prepare squash soup. This squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

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

## **Weekly Soup or Sauce:**

### **Stewed Tomatoes & Cucuzza Soup**

#### **Ingredients:**

Fresh tomato – Cucuzza - Fresh Garlic -  
Onion - Oregano – Basil – Veggie Stock

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

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

Bok Choy  
Escarole  
Lettuce  
Tomatoes  
Acorn Squash  
Peppers  
Radishes

## **IMPORTANT CSA UPDATES**

**Our new CSA packages are posted online. We have 2 exclusive promotional offers for our current CSA customers that we will communicate in Week 13!**

### **Recipe Idea:**

#### **Acorn Squash Pancakes-yum!**

#### **Ingredients:**

- 1 med acorn squash
- 1 egg
- 3 tbsp canned full fat coconut milk
- 1 tbsp pure maple syrup
- 1 tsp pure vanilla extract
- 3 tbsp coconut flour
- 3 tbsp tapioca flour
- 1/4 tsp baking soda
- dash sea salt
- coconut oil or ghee for frying

#### **How to Make It:**

1. Roast acorn squash and let cool. Preheat oven to 425 degrees. Cut the squash in half & scoop out seeds. Place the squash face down on a foil or parchment lined baking sheet, and bake for 25-35 minutes. Remove from the oven and let cool. Scoop out the flesh, mash & place in bowl.
2. Add egg, maple syrup, coconut milk & vanilla; whisk until smooth.
3. In a separate small bowl, add coconut flour, tapioca flour, baking soda & dash of salt. Mix to combine.
4. Now as you whisk, add the four mixture to the squash mixture and fully combine until smooth. Now stir in the raisins.
5. Preheat a non-stick skillet to medium heat & add tbsp of oil or ghee.
6. Once the skillet is hot, add the batter to form pancakes that are 2-3 inches in diameter, but no more!
7. When small bubbles form on top, flip. Once the outside of both sides are brown and crispy, remove from skillet.

**heartbeetfarms.com**

*Link to our  Pinterest for recipes*