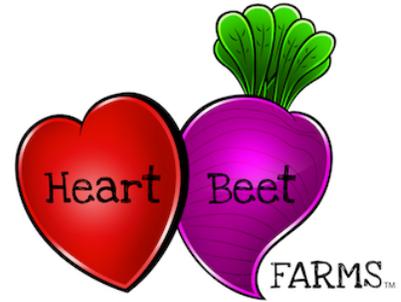


Week 9



We hope you enjoyed Week 8's CSA box & soup!

Many of our winter squashes are presenting a bit earlier this year. This week we are adding some sweet dumpling squash to the mix! Sweet dumpling squash are similar in shape to the acorn squash, but have ivory skin with dark green stripes. The flesh is very sweet and tender when roasted or baked. Like other winter squashes, sweet dumpling squash stores well in a cool, dry environment for a long period. The skin of the sweet dumpling squash is edible and practically melts away when you cook it. For the recipe below, leave the skin on!

In addition to sweet dumpling, you will also get to experience one of our favorite veggies – BEETS! Beets are packed with essential nutrients including fiber, folate (vitamin B9), manganese, potassium, iron and vitamin C. Eat your beets raw, roasted, boiled, baked, barbecued, or grilled! ENJOY!

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

Weekly Soup or Sauce: **Kale & Onion Soup**

Ingredients:

Kale – Tomato – Onions – Celery - Vegetable Stock -
Seasoning

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

What else is included in your bag this week?

Romaine
Tomatoes
Peppers
Beets
Sweet Dumpling Squash
Eggplant
Basil

IMPORTANT NOTE
Don't forget your HeartBeet
Farms Bags!

Recipe Idea:

Sweet & Spicy Sweet Dumpling Squash

Ingredients:

- sweet dumpling squash
 - coconut oil (or avocado, olive)
 - coconut sugar (or brown)
 - cayenne pepper
 - ground cinnamon
 - all spice
- optional:
- cashew or almond butter drizzle

How to Make It:

1. Preheat oven to 375F and grease a medium baking sheet with oil. Set aside.
2. Cut tops and bottom off of squash and slice into rings. Cut out center of each ring to remove seeds. –If your squash is really hard to cut, allow to soften in preheating oven for about 5-10 minutes.
3. Place rings on greased baking sheet and drizzle with oil. Lightly sprinkle on cayenne pepper (to taste), ground cinnamon, all spice and coconut sugar (about 1/2 tablespoon or so). Use hands to rub everything in and make sure squash is evenly coated.
4. Bake for 20 minutes before checking and gently flipping over. Sprinkle with more seasoning and sugar if you wish, bake for another 10-20 minutes until soft.
5. Allow squash to cool on pan before serving. Drizzle with cashew or almond butter. Enjoy!

heartbeetfarms.com

Link to our  *Pinterest* for recipes