



IN THIS BOX:

- 1/2 # Not-So-Spicy Salad Mix
 1 p Cherry Tomatoes - Sungold
 1 Winter Squash - Waltham Butternut
 1 Yellow Bell Pepper - California Wonder
 1 Red Roasting Pepper - Early Italian Perfect
 1 Watermelon - Red Moon & Stars
 1 # Potatoes - Yukon Gem
 1 b Herb - Sage

PRODUCE
FRESH

About This Week's Produce

Winter Squash - Waltham Butternut is our personal favorite because of its smooth texture and sweet flavor. I love it baked with olive oil and garlic, sautéed or try it in the recipe of the week! According to Johnny Seeds this "1970 All-America Selections winner from Massachusetts is still deservedly the most widely grown" winter squash. I also love to bake the seeds! Nutritionally winter squash is an excellent source of Vitamins C, B-complex (thiamin, folic acid, pantothenic acid, pyridoxine) and carotenes and potassium. The richer the color of winter squash the richer the carotenes. We hope you enjoy this Fall treat!

Watermelon - Red Moon & Stars is the melon pick of the week...Wow! We have been so blessed this year to be able to include so many melons! This variety, according to Baker Creek Heirloom Seed Co., is a "the most popular Heirloom variety originally introduced by Peter Henderson & Co in 1926...rediscovered in Macon, Missouri," sometime later. Large with green rind & like the Yellow Moon & Stars the yellow spots on the outside look like a moon & stars... even the green leaves are speckled with yellow spots! It has a very sweet, brilliant red flesh...if it is not bright red than it has not fully matured or ripened...**MAKE SURE AND TELL US IF IT IS NOT SO WE CAN REPLACE IT WITH A RIPE MELON!** Nutritionally, watermelon do contain more than just water. They also contain Vitamin C & potassium.

Herb - Sage is an amazing fresh herb that packs a strong flavor. Not only is this herb popular for Thanksgiving dressing you can also use sage to make tea. Just add one teaspoon of dried leaves to one cup water, bring mixture to a boil, and let steep for 10 minutes. Yummy!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Butternut Squash Curry w/Jasmine Rice

modified from The Baker Creek Vegan Cookbook

Ingredients

- 4 Tablespoons coconut oil, divided
- 1 large onion, thinly sliced
- 6 garlic cloves, thinly sliced or minced
- 1 tablespoon peeled and minced fresh ginger (optional)
- 1-2-pound butternut squash, peeled, seeded, cubed
- 1 red bell (or roasting) pepper, seeded & sliced into thin strips
- 1 yellow bell pepper, seeded & sliced into thin strips
- 1 14.4-ounce can coconut milk
- 1/4 cup water (needed if using full fat coconut milk)
- 2-3 Tablespoons *curry seasoning
- 1/8 teaspoon cayenne pepper (optional)
- **I like to add something green, peas, green beans, chard, kale or mustard greens depending on your favorite!
- cooked jasmine rice

Curry Seasoning (mild and delicious, makes 6 Tablespoons)

- 2 Tablespoons ground cumin
- 2 Tablespoons ground coriander
- 2 teaspoons garlic granules
- 2 teaspoons ground turmeric
- 2 teaspoons ground fenugreek

Directions

Heat 2 tablespoons oil in a large, heavy, high-sided skillet or wok over medium heat. Add onions, garlic & ginger, cook over medium heat until fragrant & onions are translucent, 4-5 min. Remove from skillet & reserve. Add remaining oil, cook squash, stirring occasionally, until soft, 10-12 min. Add reserved onion mixture & peppers, cook, stirring until peppers begin to soften, 3-4 min. Add coconut milk & optional water. I used 2 cans of the light coconut milk & did not add water. Next stir in the curry powder, simmer until heated, 5-6 more min. Serve over Jasmine rice...Enjoy!

Farm Happenings

Please check out our new blog post this week @ eastwardgardens.com. We hope you enjoy this weeks box! Your Farmers the Leshers