

DELIVERY  
18

## IN THIS BOX:

1/2 # Not-So-Spicy Salad Mix  
 1/4 # Arugula  
 1 Winter Squash- Pennsylvania Dutch  
 1 Bell Pepper - Orange Bell  
 2-3 Roasting Peppers - Early Italian  
 1 # Potatoes - Russian Banana  
     Fingerling  
 2 p Cherry Tomatoes - Sun Gold &  
     Pink Princess

PRODUCE  
FRESH

## About This Week's Produce

**Bell Pepper - Orange Bell** - is the most colorful addition to the box this week. This is Larry's favorite bell pepper variety, he loves to dip them in hummus! Did you know that all green peppers are unripe peppers. At Eastward Gardens we never sell green peppers because they are harder to digest and have not reached their full nutritional potential. Ripe Bell peppers are high in Vitamin C and antioxidants. Did you know that "one medium sized red bell contains 169% of RDA for Vitamin C, which makes it one of the richest sources of Vitamin C. Ripe bells are also rich in B6, Vitamin K, potassium, folate, Vitamin E & Vitamin A. Remember that the bright colors in fruit and vegetables signify high antioxidants.

**Potatoes - Russian Banana Fingerling** are such a treat and we are thankful that we can share them with you one more week before the end of this years CSA. First grown by early Russian settlers these banana shaped tubers have a light yellow skin and firm yellow flesh which makes them excellent for potato salad, roasting, boiling or try them in your favorite soup! If you have never tasted a fingerling potato you are in for a treat! They are wonderfully smooth, moist and tender.

## Farm Happenings

Well it definitely feels like Fall on the farm this week. We have all the Fall crops planted and we hope that we will have chard and kale for your box before the end of this CSA season. There are only two more weeks left and if the first frost is later this year we hope to also have head lettuce and watermelon radishes to share. We hope you are enjoying the beautiful harvest and thanks again for all of your support! Your Farmers the Leshers

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Raw Pumpkin (PA Dutch)-Maple Pie with Baked Oat Crust

Modified from "The Oh She Glows Cookbook"

#### Ingredients

##### Crust:

2/3 cup pitted dates  
 1 1/4 cups rolled oats  
 1/2 cup pecans  
 1/2 tsp ground coriander  
 1/8 tsp sea salt  
 3 Tablespoons coconut oil, melted

##### Filling:

1 cup raw cashews, soaked  
 1 cup Pumpkin or Pennsylvania Dutch Squash, cooked and skinned (you can freeze leftover squash and make this pie again for Thanksgiving)  
 3/4 cup pure maple syrup (I do less to make less sweet)  
 1/2 cup coconut oil, melted  
 2 tsp pure vanilla extract  
 1 tsp coriander  
 1/4 tsp sea salt  
 1/4 tsp ginger

#### Directions

Make crust: preheat oven to 350 degrees F. Lightly oil 9-inch pie dish with coconut oil. If dates are firm soak in water 30-60 min. & drain before using. In a food processor, combine oats, pecans, coriander & sea salt & process until mixture has the texture of coarse sand. Add the dates & oil process again until mixture comes together. It should stick together if pressed with your fingers. If dry add 1 tsp water & process again. Sprinkle crust mixture all over pie dish. Starting from the middle, press the crumbs firmly and evenly into dish in an outward direction. Push crust up along sides & outer edge with your fingers. Poke holes in crust & bake, uncovered for 10-12 min. until lightly golden. Filling: add soaked cashews, drained & rinsed, squash/pumpkin, maple syrup, oil, vanilla, coriander, sea salt & ginger blend on high until completely smooth. In blender needs more liquid add 1 Tablespoon nut milk. Pour filling into crusted smooth on top. Cover & place on even surface in freezer overnight or at least 5-6 hrs. Will need to thaw about 10 minutes before slicing. This pie should be served cold! Enjoy!!