
~[Sweet Corn](#) eat it today or tomorrow for a treat!

~[Romaine Lettuce](#)

~[Carrots](#)

~[Beets](#)

~[Tomatoes](#) Heirlooms

~ [Red Gala Apples](#) from Peixoto

~[Italian Parsley](#)

~[Gold Chard](#)

~[Summer Squash](#)

~[Baby Bear Pumpkins](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Please be patient and adventurous with your veggies. Thank you.

Fridge Management: *Everything* into the fridge except the tomatoes and pumpkins.

Notes: Apples are organic of course like everything we ever sell! The smallish pumpkins are great eating pumpkins, and obviously work for any fall decoration too.

[Recipes A-Z on our website](#)

CORN NOTE: Your corn is 100% organically grown... and yes, that occasionally means a worm. If you get a worm or damage on the tip of the ear: take a large knife or cleaver and chop off the end & toss that part: enjoy the rest of the corn. In the supermarket when you see the tips chopped off: now you know why! In Mexico many people still eat the worms: they make tacos out of them by sautéing them with lard and chiles. In my house I toss them.

Lynne's Spiced Pumpkin Soup (*from The New Laurel's Kitchen*, by Laurel Robertson)
Julia's note: I might leave out the dried milk and use fresh... but that's just me. I tweak recipes all the time!

1 small pumpkin (about 10 cups diced)
3 carrots
1 ½ TBS oil

¾ tsp. black mustard seed

½ onion chopped

½ tsp. turmeric

½ tsp. cumin

½ tsp. cinnamon

¼ tsp. ginger

¾ cup powdered milk

2 tsp. honey

1 tsp. salt

Note: Truly remarkable with pumpkin, but if you haven't any, substitute winter squash. A light, flavorful soup that finds favor even with squash haters.

Peel and chop pumpkin and carrots, and simmer in water to cover until tender. Toward the end of the cooking time, heat oil in a small, heavy skillet. When hot, add mustard seeds. Cover pan and keep over high heat until the sound of popping dies down a bit, then immediately add the onion and reduce heat.

Cook and stir until onion is clear. Measure the spices while the onion is cooking; then stir them into the mixture and allow to cool on low heat for a minute or so until they are fragrant.

Turn into the pumpkin pot, using a cup or so of cooking water to rinse the spice pan into the soup pot. Puree the seasoned pumpkin and carrots in their cooking water, adding the milk, honey, and salt to the mixture in the blender or processor. Add salt to taste. Makes 10 cups.

ALTERNATE METHOD: If you have leftover cooked pumpkin, or prefer to use fresh milk, warm the squash and milk and then puree them, using the milk instead of the cooking broth to provide the liquid.



Zucchini-Tomato Gratin

Adapted from *The Classic Zucchini Cookbook*
by N. Ralston, M. Jordan, and A. Chesman

2 medium sized zucchini, thinly sliced
2 tomatoes, seeded and chopped or sliced
1 onions, thinly sliced (or your whole bunch)
S & P to taste
¼ cup butter or olive oil
1 cup dry bread crumbs

Preheat oven to 350 degrees Butter a 9x13 inch baking dish. Cover the bottom of the pan with a layer of zucchini, followed by tomatoes, then onions. Season with S & P and dot with butter. Continue to layer in the baking dish until all ingredients are used. Sprinkle the crumbs on top. Bake the gratinee, uncovered, until the vegetables are tender, about 20 minutes. Serve hot. **Variations:** Add chopped fresh herbs to the layers. Add minced garlic to the layers. Grate some cheese (up to 12 ounces): cheddar, fontina, mozzarella, or parmesan and layer it with veggies.

TAGLIATELLE WITH SHREDDED BEETS, SOUR CREAM, AND PARSLEY

Sour cream and beets are inseparable in Eastern European cooking. Here's a fresh new way to enjoy them together.

1 tablespoon butter
2 tablespoons olive oil
2 garlic cloves, minced
3 cups (packed) coarsely grated peeled uncooked beets (about 3 large)
1/2 teaspoon cayenne pepper
2 tablespoons fresh lemon juice
12 ounces tagliatelle or fettuccine
1 8-ounce container sour cream
6 tablespoons chopped fresh Italian parsley, divided

Melt butter with oil in large nonstick skillet over medium heat. Add garlic; stir until pale golden, about 1 minute. Add beets and cayenne; reduce heat to medium-low and sauté just until beets are tender, about 12 minutes. Stir in lemon juice.

Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.

Drain pasta and return to pot. Stir in sour cream and 4 tablespoons parsley, then beet mixture. Season to taste with salt and pepper. Transfer pasta to bowl. Sprinkle with remaining 2 tablespoons parsley and serve.
Makes 6 first-course or 4 main-course servings.
Bon Appétit

CHARD DAHL

The Vegetable Book, by Spencer

1/4 cup brown lentils
1 tbsp. turmeric
1 bunch chard
1/2 cup orange lentils
salt and pepper

Lentils do not have to be soaked. Into 7 cups of boiling water, throw the brown lentils with the turmeric. Let simmer for 20 minutes. Add the chard and bring back to a boil. Simmer for 10 minutes more. Add the orange lentils and simmer for another 10 minutes. Season with salt and pepper. The lentils should have soaked up all of the water and can be served at once, though it will do no harm to let them rest in the warm pan.

(Julia's note: I added some toasted sesame oil and it made this dish even better! You can find bulk turmeric and both colors of lentils at health food stores and asian markets.)

PASTA WITH GREENS AND RICOTTA

Moosewood Cooks at Home

1 bunch chard
1 tbsp. olive oil
1/4 tsp. nutmeg
2 cloves garlic, minced
salt and pepper
3/4 cup ricotta cheese
1 lb. pasta, cooked

Roughly chop washed chard. Sauté the damp greens and garlic in olive oil until greens are wilted, then add the seasonings. In a blender, puree the greens with the ricotta until smooth and evenly colored. Toss sauce with cooked pasta in a warm serving bowl. Top with chopped tomatoes, parmesan, or toasted pine nuts.