

Week 9

4e Green Farm Winter Vegetable CSA



What's in your bag ?

Weekly Recipe Ideas

Roasted Butternut Squash & Fingerling potatoes with Onion, Spinach & Cranberries

- Red Beets
- Butternut Squash
- Yellow Onion
- Fingerling Potatoes
- Black Spinach
- Baby Bok Choy
- Yu Choy

Ingredients

- 3 cups diced Butternut Squash
- 1 cup Fingerling potatoes
- 1 yellow onion
- 1 1/2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground pepper
- 1 1/2 cups fresh spinach
- 1/2 cup dried cranberries

Directions

- Preheat oven to 375 degrees.
- In a large bowl, toss the squash, potatoes, onion, olive oil, salt and pepper to combine.
- Spread the squash mixture in an even layer on a baking sheet.
- Roast the squash for 25-30 minutes or until fork tender and golden.
- Transfer the squash to a serving bowl and toss with the spinach and cranberries.

Red Beet & Fingerling Potato Fries

Visit 4egreenfarm.com/blog for the recipe

Red Beet Desserts -YUM!

Visit 4egreenfarm.com/blog for these delicious creations!

--Chocolate Chunk Beet Ice Cream

--Gluten-Free Chocolate Coconut Cardamom Beet Pudding

For more recipes visit
4egreenfarm.com/blog

*Farming
Inspiration*

"Farming isn't something that can be taught. Each plant tells its own story that has to be read repeatedly." Kelsey Timmerman, Where am I eating?



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Next Week's Soup: **BUTTERNUT SQUASH**

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