



2023 CSA NEWSLETTER WEEK 5

At the farm

Happy 4th!

Week 5 box features a delicious array of colors with celery, turnip, yellow summer squash, eggplant, and strawberries. Berries, tomatoes, and other vegetables are enjoy the sun and growing well. We are looking forward to sharing baby corn very soon.

I am sharing a recipe that incorporates white turnip, yellow squash, eggplant, and tomatoes as the key components of a delicious vegetarian main course. You can add other flavorful vegetables, or make the same recipe in bell peppers. I hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby,

In the box

| | |
|----------------------|--------|
| Celery | bunch |
| Italian Basil | bunch |
| Romaine Lettuce | Head |
| White Turnip | Bunch |
| Persian Cucumbers | 3 each |
| Eggplant | Each |
| Yellow Summer Squash | 3 each |
| Cherry Mix Tomatoes | Pint |
| Strawberry | pint |

Stuffed Vegetables with Quinoa and Ratatouille

| Ingredients | | |
|-----------------------|----------------------------|---------------------------|
| | 1 onion diced | 2 tablespoons olive oil |
| 2 large white turnips | 2 cloves of garlic, minced | 1 teaspoon dried thyme |
| 2 yellow squash | 1 red bell pepper, diced | 1 teaspoon dried basil |
| 2 ripe tomatoes | 1 zucchini, diced | Salt and pepper to taste |
| 1 cup quinoa | 1 eggplant, diced | Fresh parsley for garnish |



Preheat oven to 400 F. Line a baking sheet with parchment paper. Cut the top off the white turnips and scoop out the flesh, creating a hollow space for stuffing. Reserve the scooped-out turnip flesh. Cut the yellow squash in half lengthwise and scoop out the seeds, creating a hollow space for stuffing. Reserve the scooped out squash flesh. In a medium saucepan, heat the olive oil over medium heat. Add the diced onion and minced garlic, and sauté until the onion becomes translucent and fragrant. Add the red bell pepper, zucchini, and eggplant to the skillet. Sauté for about 5 minutes or until the vegetables are slightly tender. Chop the reserved turnip and squash flesh into small pieces. Add them to the skillet with sauté vegetables. Stir in the dried thyme, dried basil, salt, and pepper. Cook for another 5 minutes to allow the flavors to meld together.

Stir the cooked quinoa into the skillet with the vegetable mixture. Adjust the seasoning if needed. Fill the hollowed-out turnip and yellow squash halves with the quinoa and vegetables stuffing, pressing it gently to pack it in. Place the stuffed vegetables on the prepared baking sheet. Slice the ripe tomatoes into thick rounds and place them around the stuffed vegetables on the baking sheet. Bake in the preheated oven for 25-30 minutes or until the vegetables are tender and the tops are lightly browned.

Once cooked, remove from the oven and let the stuffed vegetables cool for a few minutes. Garnish with fresh parsley