



## Box 16 Items

**Tomatoes:** Red slicers. Try slicing in half, top with cheese, salt, pepper, olive oil and herbs and roast in the oven for about 10 minutes.

**White Onion:** French onion soup is a great way to use up several onions you might have still.

**Mixed Greens:** Spicy mix with romaine, red curly lettuce, red Russian kale, mustard greens, mizuna, and arugula

**French Breakfast Radish:** Great for a snack or in a salad. This long tapered variety is easy to cut into matchsticks for a slaw.

**Beets:** Steaming beets retains the most nutritional value. Beets are great with nuts, cheese or a vinaigrette dressing.

**Acorn Squash:** Steam the squash whole in a baking dish in the oven with an inch of water in the bottom of the pan until the squash is easier to slice in half for baking.

**Celery:** Keep celery in the produce drawer and add stalks as needed for soup and casseroles.

**Scallions:** These onions add great flavor and color to the top of any dish.

## Recipes

### Roasted Acorn Squash Soup

1 Acorn Squash  
Salt to taste  
2 tbsp. butter  
¼ cup celery, chopped  
¼ cup carrot, chopped

2 tbsp. onion, chopped  
2 Cups chicken broth  
¼ cup whipping cream  
1 ½ tsp fresh lemon juice  
Pepper to taste

Preheat oven to 300 degrees. Cut squash in half and scrape out seeds. Place on a jelly roll pan, cut side down. Bake about 1 hour and 15 minutes, until completely soft.

In a medium saucepan, melt butter. Add celery, carrot and onion; cook slowly about 5 minutes until soft. Scrape flesh from squash and add to pan along with chicken broth. Heat to a boil. Reduce heat, cover and simmer slowly 20 to 30 minutes, until the carrot and celery are tender.

Puree soup in a food processor or blender. Return to pan and add cream, lemon juice, salt and pepper. Heat. Garnish soup with roasted pumpkin seeds. Makes six 1- cup servings. The Good Earth Restaurant