Muddy Boots CSA Success Guide

New Ways with Fall Veggies

Winter Squash Toasts

- 1 (2 ½- to 3-pound) butternut or other yellow-fleshed squash, peeled, seeded and cut into pieces ⅛- to ¼-inch thick
- ½ cup extra-virgin olive oil
- ½ teaspoon dried chile flakes
- 3 teaspoons kosher salt
- 1 yellow onion, peeled and thinly sliced
- ¼ cup apple cider vinegar
- ¼ cup maple syrup
- 4 tablespoons chopped mint

Heat the oven to 450°F. Toss the squash with ¼ cup olive oil, chile flakes and 2 teaspoons of salt. Transfer to a parchment-lined baking sheet and roast until tender and slightly colored, about 15 minutes.

Meanwhile, heat ¼ cup olive oil over medium-high heat, add the onions and the remaining teaspoon of salt, and cook, stirring frequently, until the onions are well softened and darkening, at least 15 minutes. Add the vinegar and syrup and cook until reduced, broken down, and jammy, about 15 minutes.

Combine squash and onions in a bowl and smash with a fork until combined. Taste for seasoning. Serve on crackers or toast. (Make it extra special with a schmear of chèvre).

Carrot Cookies

- 1 1/4 cups quick-cooking oats
- 1 cup oat flour
- 2 tablespoons ground flaxseed
- 1 teaspoon baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon kosher salt
- 1 1/2 cups peeled grated carrots
- 3/4 cup chopped raw walnuts or pecans
- 1/4 cup raisins
- 1/3 cup maple syrup
- 1/3 cup unsweetened applesauce
- 1/4 cup coconut oil, melted and cooled
- 1 teaspoon pure vanilla extract
- Maple Cream, for topping

Preheat the oven to 375°F. Line a large rimmed baking sheet with parchment paper.

In a large bowl, whisk together the oats, oat flour, flaxseed, baking powder, cinnamon, ginger, nutmeg, and salt. Add the carrots, walnuts, and raisins. With a rubber spatula, stir to combine. In a separate medium bowl, briskly whisk together the maple syrup, applesauce, coconut oil, and vanilla extract. Pour the liquid mixture into the oat mixture and fold in by hand, just until combined. The dough will be thick, wet, and sticky.

Using a large cookie scoop or ¼-cup measure, portion the dough onto the prepared baking sheet, leaving 2 inches between cookies. Flatten each cookie to be about 3/4 inch thick. Bake until the cookies are lightly golden and firm at the edges and on the top, 17-20 minutes. Let the cookies cool on the pan for 10 minutes.

Spread a thin schmear of maple cream on the top of each cookie.

Keep Your Fall Veggies Fresher Longer

GOOD STORAGE, GREAT FOOD, A LONGER SEASON!

REFRIGERATOR

Radicchio & Cabbage

Store in a loose plastic bag in the crisper drawer. Keeps well for 1–3 weeks.

Cooking Greens

Store unwashed in a sealed bag with a paper towel. Best within 5–10 days.

Root Vegetables

Remove green tops. Store in a sealed bag. Keeps well for 2–3 weeks.

Leeks

Store unwashed in a sealed bag. Keeps for 2–3 weeks.

Broccoli & Cauliflower

Store in a sealed bag. Best within 7–10 days.

A little storage goes a long way!

COOL, DARK PLACE

Potatoes

Store in a cool, dark, well-ventilated place. Keep dry and away from onions. Lasts for several weeks.

Onions & Garlic

Store in a cool, dark, well-ventilated place. Keep dry and out of plastic bags. Lasts for weeks to months.

Winter Squash

Store in a cool, dry place with good air circulation. Keep dry and unstacked. Lasts for several weeks to months.

COUNTER OR PANTRY

Sweet Potatoes

Keep at room temperature in a cool, dry, well-ventilated spot. Don't refrigerate. Lasts for several weeks.

Beet & Onion Salad

- 6 medium or 12 small beets
- 4 medium onions
- 1/2 cup apple cider vinegar
- 1 cup olive oil
- 1/4 cup umeboshi (Plum) vinegar

Boil or roast the beets until tender. Let cool, then slip off the skins and slice thinly. Slice the onions into thin half-moons. Combine the vinegars and olive oil in a bowl. Add the beets and onions and toss to coat. Let sit for at least 30 minutes to allow the flavors to meld. If refrigerated, bring the salad to room temperature before serving so the olive oil can return to its liquid state.

Looking for more ways to use fall vegetables from your CSA?

Check out our **recipe database**. We have dozens of recipes to inspire you and feed your family.