

# FALL PRODUCE GUIDE

Fall is a time of great abundance and the traditional harvest season in New England. Fruits and veggies that sprouted under the summer sun reach their peak ripeness as the weather cools off. Use this produce guide to help you make the most of your fall produce and visit our website and blog for more kitchen tips, tricks and seasonal recipes!



## Fall Fruits & Vegetables

### APPLES



Conventional apples are one of the most heavily sprayed crops as they are particularly vulnerable to pests and disease. Eating organic is the best way to verify your apples are pesticide-free.

### BEETS



Most commonly roasted, beets can also be boiled, steamed, pickled or eaten raw. The tops are edible too! Store the leaves separately and prepare them like you would chard.

### BRUSSELS SPROUTS



Overcooking Brussels sprouts not only kills their flavor, it also reduces their notably high nutritional value. Either blanch them quickly, or roast them with oil, lemon, garlic and nuts.

### CRANBERRIES



Homemade cranberry sauce is much healthier than canned sauce—no need for additives and preservatives. An incredibly robust fruit, fresh cranberries freeze well, too!

### PEARS



Always ripen European varieties (Bartlett, Bosc, D'Anjou) at room temperature. When the neck is soft, the pear is ready to eat. Asian pears should be eaten crisp, like an apple.



### POMEGRANATES

A pomegranate's edible "arils" contain potent antioxidants and a unique sweet-tart flavor. Peel pomegranates in a bowl of water—the fibers float, making it easy to get at the good stuff.



### POTATOES

The fifth most consumed crop worldwide, there are over 5,000 known varieties of this tasty tuber. To prolong shelf life, store in a cool, dry place near an apple and away from your onions.



### SAGE

Fresh sage adds a wonderful depth of flavor to stews, soups and roasts. Furthermore, consuming the silvery green leaves has been proven to enhance memory!



### SQUASH

Hard-rind squashes are super durable and can last for a couple weeks in the right conditions. Roast them with the shell still on and scoop out the buttery flesh or puree it for a hearty soup.

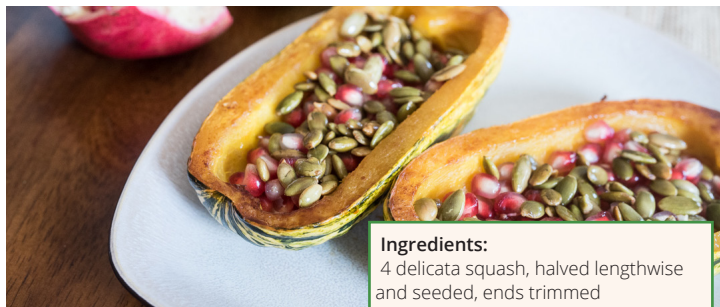


### SWEET POTATOES

Surprise! This root veggie is related neither to yams nor normal potatoes. Prepare them in oil or butter to help your body absorb its fat soluble vitamin C and beta-carotene.

## Autumnal Recipes

### DELICATA SQUASH WITH HONEY, POMEGRANATE SEEDS AND PEPITAS



#### Ingredients:

4 delicata squash, halved lengthwise and seeded, ends trimmed  
3 teaspoons vegetable oil, divided  
½ cup raw pumpkin seeds  
½ teaspoon table salt  
3 tablespoons local honey  
½ cup pomegranate seeds  
1 ½ teaspoons coarse sea salt  
4 tablespoons unsalted butter, melted  
1 ½ teaspoons cayenne

Preheat oven to 425°. Rub squash with 2 tsp. oil and set on a baking sheet. Roast squash, turning once, until tender when pierced with a fork, about 20 minutes.

Meanwhile, spread pumpkin seeds on a rimmed baking sheet. Drizzle with remaining 1 tsp. oil and the table salt, stirring to coat. Bake until toasted, about 5 minutes.

Put squash on a serving plate. Drizzle with honey, then sprinkle with pomegranate seeds, toasted pumpkin seeds, and sea salt. Mix butter and cayenne and serve on the side for guests to drizzle over squash.

### ROASTED RADISHES WITH RADISH GREENS



#### Ingredients:

3 bunches small radishes with greens attached  
2 tablespoons extra-virgin olive oil  
Salt and freshly ground pepper  
2 tablespoons unsalted butter  
2 tablespoons fresh lemon juice

Preheat the oven to 500°.

Trim the radishes and wash the greens; pat dry.

In a large ovenproof skillet, heat the oil until shimmering. Add the radishes, season with salt and pepper and cook over high heat, stirring occasionally, until lightly browned in spots, about 2 minutes.

Transfer the skillet to the oven and roast the radishes for 15 minutes, until crisp-tender. Return the skillet to the burner and stir in the butter to coat the radishes.

Add the radish greens and cook over moderate heat until they are wilted, about 2 minutes.

Add the lemon juice and season with salt. Serve the radishes right away.

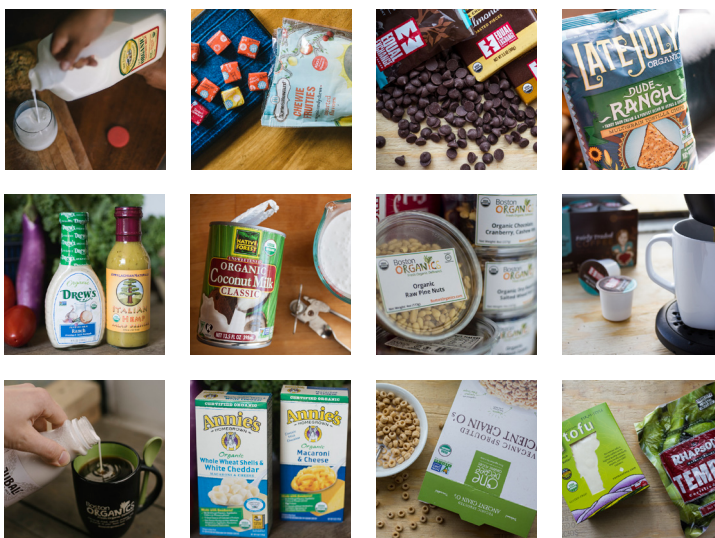
## Add-On Groceries

### Make the Most of Your Delivery

We have more than 200 organic grocery options to complete your order.

We offer an array of standard staples and unique items to help fulfill your grocery needs, including bread, milk, eggs, cheese, snacks, seasonal specialty produce and more!

Order items for one delivery or put them on subscription—whatever you need to make your life just a little bit easier!



## Meet Your Farmers

### ATLAS FARM – South Deerfield, MA



Gideon Porth founded Atlas Farm in 2004. He has a masters degree from the Plant, Soil, and Insect Sciences Department at UMass Amherst. Since 2004, the farm has expanded from 5 to 55 acres.

Atlas sends us a variety of veggies throughout the year, and this fall we can look forward to greens and tubers, including yams, potatoes and carrots.

### JONATHAN'S SPROUTS – Rochester, MA



Jonathan's Sprouts has been a family-run business since 1976, operating from a historic New England barn renovated for food production.

Co-founders Bob and Barbara Sanderson supply Boston Organics with sprouts and greens, and this fall they'll be sending us cranberries! They are committed to growing sprouts safely, and helped create the International Sprout Growers

Association (ISGA).