

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.

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.

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.

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.

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.



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!

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!

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.

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.

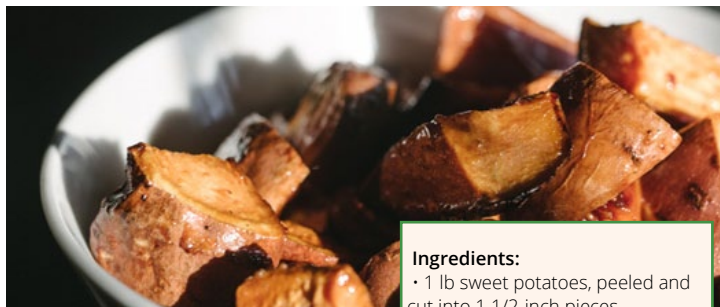


SWEET POTATOES

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

MAPLE ROASTED SWEET POTATOES



Ingredients:

- 1 lb sweet potatoes, peeled and cut into 1 1/2-inch pieces
- 1/8 cup pure maple syrup
- 2 Tbsp butter, melted
- 1 tsp lemon juice
- Pinch of salt
- Freshly ground pepper, to taste

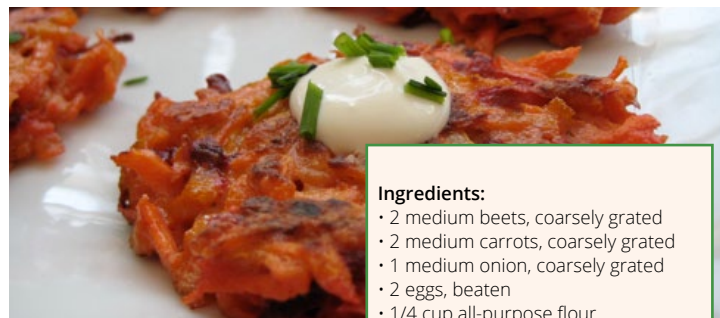
Preheat oven to 400°F. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl.

Arrange sweet potatoes in an even layer in a glass baking dish and pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes.

Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, checking fairly often, 40 to 45 minutes more.

When you're done, you can cover and refrigerate for up to 1 day. To reheat: bake at 350°F until hot, about 10 minutes.

BEEF AND CARROT LATKES



Ingredients:

- 2 medium beets, coarsely grated
- 2 medium carrots, coarsely grated
- 1 medium onion, coarsely grated
- 2 eggs, beaten
- 1/4 cup all-purpose flour
- 3 tablespoons olive oil
- coarse salt and pepper to taste
- sour cream or creme fraiche, plus chopped chives, for serving

Combine the grated vegetables in a bowl. Add the beaten eggs, stir to combine, then stir in the flour and salt and pepper to taste.

Preheat the oven to 300 degrees F, and set a cooling rack on a sheet pan. Heat 1 1/2 tablespoons olive oil in a large skillet over medium heat. When the oil is hot, scoop 1/3 cup of the latke mixture into the skillet, and flatten to 1/4 inch thick. Scoop 3 more latkes into the skillet. Cook the 4 latkes until golden brown, about 4-6 minutes per side. Remove the latkes to the cooling rack on the sheet pan, and place them in the oven to keep the latkes warm while you cook the remaining four.

Add another 1 1/2 tablespoons oil to the skillet and cook the remaining latkes. When all the latkes are done, serve them warm with a dollop of sour cream or creme fraiche and a sprinkling of chives. Makes 8.

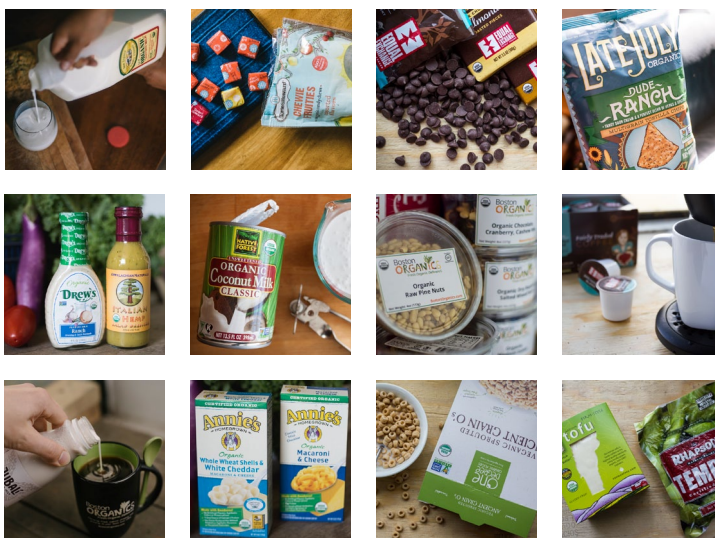
Add-On Groceries

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).