

# GALLATIN VALLEY BOTANICAL

**FRESH PRODUCE · BOZEMAN, MT**

Certified Organic Veggies for the week of November 27, 2012

Microgreens Spinach Carrots Celery Root Black Spanish Radish
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Sunchokes Shallots Red Onions Sunshine Winter Squash
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Thanksgiving is my favorite holiday because it is all about food, friends, family and thankfulness for the blessings in our lives. Also, it marks the beginning of winter, shorter days and slowing down for a few months. Hopefully you enjoyed the long weekend and the fresh bit of snow!

If you are like me you may have overindulged in the abundance of food so we've included some great salad veggies in this week's box. Try topping the microgreens with some shredded celeriac and carrots or thinly sliced red onion and radishes atop a bed of spinach. Both are delicious paired with a shallot vinaigrette and goat cheese!

As always the root vegetables in your box can easily be cubed and roasted in a bit of olive oil for a quick and easy yet filling meal.

The winter squash this week is a kabocha variety called sunshine. It's a great substitute for pumpkin if you haven't had your fill of pie yet or try this recipe from <http://justhungry.com>:

### **Sweet and spicy roasted kabocha squash**

1/2 small to medium sized kabocha squash

3 Tbs light brown, natural cane, or muscovado sugar, plus a bit more for sprinkling

1/2 tsp ground cayenne pepper or hot chili powder, more or less to taste

1/2 tsp ground cumin

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp salt

1 Tbs soy sauce

Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil, or walnut oil

Preheat the oven to 400°F. Line a baking sheet or two with silicon baking liner or parchment paper.

De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. (Use a sturdy knife for cutting squash or pumpkin, on a stable surface, and be careful!)

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again.

Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes.

Serve hot or at room temperature.

[www.gallatinvalleybotanical.com](http://www.gallatinvalleybotanical.com)

Thank you! Enjoy your produce. Matt, Jacy, Zachary, Ania and the GVB Crew  
Please CAREFULLY unfold and return your box. We will reuse them!