



## Turn Up the Heat - Roast Your Vegetables!

Roasting is one of the best way to cook many vegetables. It intensifies their flavor - developing sweetness on the inside (due to the releasing of sugars) and on the surface (due to caramelization and the Maillard reaction).

General tips for roasting vegetables:

- **Give them room!** Veggies should be on a single layer. (If they are too crowded, they will steam instead of roast.)
- **Slick the veggies.** In order for the vegetables to brown well, they need a coat of fat - olive oil, butter, coconut oil, bacon grease, or drippings from roast meat. You don't need a puddle of fat just enough to lightly coat the pan and the vegetables.



### Roasting 101

Preheat oven to 425 degrees. Cut your produce into bite sized pieces, place on a single layer on a baking sheet, toss with your fat, and season. Roast for about 30 minutes until tender and caramelized. (After about 15 minutes, flip the veggies and rotate the pan to make sure it browns evenly.) When vegetables are browned to your liking and completely tender when pierced with a knife. Enjoy!

**TIP:** Toss the vegetables with herbs and spices before roasting. Sweet potatoes are delicious tossed in coconut oil and garam masala. A mix of herbs - dried basil, oregano, thyme, and rosemary - are great with just about everything.

**Our favorite veggies to roast are carrots, sweet potatoes, and Brussels sprouts.** During the summer, [I roast trays and trays of tomatoes in the oven](#). These are tucked away in the freezer to be enjoyed on pasta and in soups over the winter.

*Don't limit your roasting to roots.* Cauliflower and broccoli are delicious roasted. Roasted cabbage is amazing, too! This recipe for [roasted cabbage "steaks"](#) is delicious - with or without the mustardy vinaigrette.

## Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your culinary adventures.



## Bottled Lemon Juice

Bottled lemon and lime juice are staples in our kitchen. I love the brightness that citrus can add to a dish.

The juice of one lemon is equal to about 2 tablespoons of lemon juice. Look for an ingredient list containing only lemon juice. (Some brands may say 100% lemon juice but contain preservatives and lemon juice.)



## [smittenkitchen.com](http://smittenkitchen.com)

This has been a favorite food blog of mine for years - even before we started farming.

Deb Perelman cooks in her tiny apartment kitchen in New York City. Her veggie recipes are interesting and delicious, like these [charred cauliflower quesadillas](#). (She also has amazing dessert recipes!)

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FEBRUARY 28, 2020

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The logo for CSA Day, featuring a stylized illustration of a person in a blue shirt and hat carrying a basket of produce, next to the text 'CSA DAY' in a bold, sans-serif font.

## ***You're invited!***

We'll be joining farmers all over the country to celebrate National CSA Day on February 28th.

*You can celebrate with us in person at The Neighbors in Wonewoc!* We'll be having a Meet Your Farmers event from 4:30-6:30pm. Come for a cooking demo (at 5:30pm) and bring home a goodie bag of our delicious carrots. You can [RSVP to the event on Facebook](#). Hope to see you there!

"First we eat, then we do everything else." - M.F.K. Fisher

JOIN OUR CSA

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