



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

**DON'T FORGET
TO REORDER
YOUR NEXT
BOX!**

MAY 3RD, 2023

Cleaning produce before eating is important!

Make sure to wash and refrigerate produce to get the best flavor & lifespan.

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

*Ingredients from your box in each recipe are marked with **

ALL ABOUT RUTABAGAS

- **Peel your rutabaga before using!** Rutabagas typically come coated in wax to preserve them for a long time. Cut your rutabaga in half and then peel to remove the wax coating. It will not wash off.
- **Rutabagas will keep for weeks!** Store rutabagas in the fridge and they will last 4-5 months. Peel and wash before using.
- **What's it taste like?** Rutabagas are a mellow root vegetable that is a cross between a turnip and a cabbage. They taste similar to turnips, and when cooked taste similar to potatoes.

BAKED RUTABAGA FRIES

Serves: 2-3. Time: 1 hour from recipe to table

Ingredients

- 1 large rutabaga*
- 1/4 yellow onion (optional)
- 1/4 cup olive oil/any mild cooking oil
- 2 tablespoons honey
- 2 tablespoons grapefruit juice*
- Salt to taste
- Hot sauce to taste (optional)
- 2-3 tablespoons curry powder (optional)
- 1 tablespoon paprika (optional)

Serve over white rice (preferably basmati) and simple steamed kale or any seasonal green. Serve warm. Top with the apple chutney and toasted almonds. Great with roast pork and chicken.*

Recipe from Chef Cary Wolfe of Project Host



Instructions

1. Prepare rutabaga and onion: Peel rutabaga completely. Cut in half lengthwise. Place one half rutabaga cut-side down and slice into 1/8" "half moons". Slice onion into long thin strips.
2. In a medium-size bowl, combine the remaining ingredients. Gently toss the rutabaga and onion pieces in the marinade.
3. Arrange rutabaga pieces on a foil lined baking sheet, cover with loose foil or another baking sheet/lid. Roast for 20 min. Remove from oven, toss onion with rutabaga and return to hot oven. Roast for additional 10-15 min until rutabaga is fork-tender and onion is starting to brown. Remove from heat and allow to cool slightly.

Optional: Adjust oven to broil and continue roasting until both the rutabaga and onion begin to brown on the edges-about 5 min.



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SIMPLE APPLE CHUTNEY

Serves: 4 as a topping. Time: 20 minutes from recipe to table

Ingredients

- 1/2 cup cider/white vinegar
- 1/4 cup water
- 2 tablespoon sugar
- 1 large apple* partially peeled: cut into small 1/4" cubes 1/4 wedge onion peeled: cut into small 1/4" dice
- 1/4 cup sun-dried cranberries (optional)
- 1 teaspoon minced ginger/ginger powder
- 1. tablespoon grapefruit juice*
- Dash of salt and hot sauce to taste

Instructions

1. In a small sauce pan combine combine vinegar, sugar and water. Over medium heat bring to a boil, stirring, and reduce mixture by half. Remove from heat.
2. Stir in remaining ingredients. Bring back to simmer than remove from heat. Pour mixture into a glass bowl and allow to cool at room temperature or in the fridge. After cooling, swirl in a tablespoon of olive oil to create a dressing if desired.

KALE & MUSHROOM RISOTTO

Serves: 4. Time: 40 minutes from recipe to table

Ingredients

- 2 tablespoons olive oil or butter
- 1/2 yellow onion, sliced
- 1, 8oz package mushrooms, sliced*
- 3 cups kale, roughly chopped*
- 2 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1 teaspoon thyme
- 1/2 teaspoon pepper
- 5 cups vegetable broth, warm or at room temperature
- 1 cup rice (arborio is best, but white rice works!)
- Salt to taste
- Optional: 1/4 cup parmesan cheese or 2 tablespoons nutritional yeast
- Optional: chopped tomatoes*

Instructions

1. Heat a large sauce pan over medium heat. Add the oil and sliced onion and cook for 3 minutes, until onion is beginning to become translucent.
2. Add the washed and sliced mushrooms and chopped kale. Cook for 5-10 minutes, until the kale has shrunk to less than half the size, and the mushrooms have released their water.
3. Add the garlic, thyme, pepper, and rice and stir for 1 minute.
4. Add 1 cup of vegetable broth, stirring almost constantly. Once the broth has been absorbed, add another cup. Repeat until all 5 cups of broth have been absorbed, about 20 minutes.
5. Once the broth has been absorbed and the rice is soft, add the cheese or nutritional yeast. Serve with chopped tomatoes on top for a pop of color.



MILL VILLAGE

— FARMS —

MONTHLY PRODUCE MARKET

WHEN? SATURDAY MAY 6TH 10A-12P
WHERE? 17 BOLT ST

ACROSS THE STREET FROM LONG BRANCH BAPTIST CHURCH
FIRST SATURDAY OF THE MONTH, MAY-OCTOBER



Affordable, Locally Grown Produce

SNAP Payments Accepted

Village Wrench Free Bike Repair Site Each Month

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