



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
FARMS

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

JUNE 14TH, 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 **

GREEK INSPIRED CAULIFLOWER SALAD

Serves: 4, Time: 45 minutes from recipe to table.

Recipe from Chef Cary Wolfe of Project Host

Ingredients

- 1 cup cauliflower florets*
- 3 tablespoons olive oil
- 2 tablespoons lemon juice*
- 2 tablespoons white vinegar
- 1 tablespoon white sugar
- 1 teaspoon flaked salt
- 1/2 cup seeded, diced tomato*
- 1/2 cup seeded, diced cucumber*
- 1/4 cup diced white onion*
- 1/2 teaspoon dried dill
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder or 1/2 teaspoon. minced fresh
- 1/2 teaspoon ground black pepper



Instructions

1. Preheat oven to 425 degrees. Toss cauliflower florets with 1 tablespoon of the olive oil and place onto a parchment paper or aluminum foil lined baking sheet. Roast for 10 min until cauliflower barely begins to brown. Remove from oven and allow to cool at room temperature for 10 min. Cover and refrigerate for 30 minutes.
2. While cauliflower is cooling, prepare "dressing" by combining the remaining olive oil, lemon juice, vinegar, sugar and salt in a small sauce pan. Stirring occasionally, bring dressing to a boil over medium-high heat.
3. Once mixture is brought to a boil, remove from heat and carefully pour dressing into a medium size mixing bowl. Allow to cool at room temperature for 10-15 minutes.
4. While the dressing cools, dice your tomato, cucumber, and onion, and remove the seeds from the tomato and cucumber.
5. To complete, toss tomato, cucumber, onion, herbs, and cauliflower with the dressing in the mixing bowl. If you have them, fresh herbs can be substituted for the dried herbs, using 1 tablespoon instead of 1 teaspoon.
6. Cover and refrigerate 30 minutes for flavors to develop. Fold in reserved cauliflower. Pour off any excess liquid if needed. Drizzle with a bit of olive oil. Serve cold or at room temperature.

This recipe tastes great with olives or any grilled items!



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FRENCH POTATO SALAD

Serves: 2-3. Time: 40 minutes from recipe to table
Recipe adapted from the Minimalist Baker

Ingredients

- 4 yukon gold potatoes* (3 cups chopped into 1/4" slices)
- Salt and pepper
- 1/2 cup diced onion*
- 2 1/2 tablespoons dijon mustard
- 3 cloves garlic, minced (or 1 teaspoon garlic powder)
- 2 tablespoons lemon* juice
- 1 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 1/4 cup fresh chopped dill (or 2 teaspoons dried dill)
- Salt and pepper to taste



Instructions

1. Rinse and scrub potatoes, then slice into 1/4-inch slices. Add to a large saucepan and cover with water. Add a dash of salt (for flavor) and bring to a boil. Once boiling, reduce heat to medium and continue cooking for 10-15 minutes, until the potatoes are easily pierced with a knife and also easily slide off the knife.
2. While potatoes are cooking, chop the onion into thin slices, and prepare the dressing.
3. Add mustard, garlic, salt, pepper, red wine vinegar, and apple cider vinegar to a mixing bowl and whisk to combine. Then, while continuing to whisk, slowly stream in the olive oil to emulsify the oil and vinegar. Add the dill and whisk.
4. Once the potatoes have finished cooking, drain and rinse with cool water. Then once mostly dry, add to a large serving bowl. Toss with the dressing to coat, and refrigerate for at least an hour before serving. This potato salad will taste even better the next day, when the flavors of the dressing have soaked in!

PEACH STORAGE AND PREP

When is it ripe? The background color rather than the red blush is the key to selecting fresh peaches. The back-ground color should be yellow or cream rather than green. Although the red blush may look appealing, it won't tell you if the peach is ripe or how it will taste. It should also be free from blemishes and have a fresh peachy odor. When peaches are ripe they will be soft to the touch.

What if they're not ripe and I'm ready to eat them? To ripen firm peaches, place them in a brown paper bag that is loosely closed and allow them to stand at room temperature for 2 to 3 days. Adding a ripe banana to the bag can speed up the ripening process.

What if they ARE ripe and I need a day or two? Once peaches are ripe they should be used or stored in the refrigerator. Peaches also can be frozen for use in smoothies or defrosted and used for pie fillings, sauces, or to make jams.



SUMMER PLANT SALE

To Order Visit:

MillVillageFarms.org/Plant-Sale

or call **888-FOOD-GVL**

All plant flats must be preordered by

Friday, June 16th

Cost: **\$5 SNAP/EBT** or **\$20 cash/credit**

Flats include 16 vegetable plants, ready to be planted in your garden!

Pick up will be **Saturday, June 17th** at the farm OR **Wednesday, June 28th** at the FoodShare drive-thru.

