

EST. 2015



FOODSHARE GREENVILLE

powered by MILL VILLAGE FARM

DON'T FORGET TO REORDER YOUR NEXT BOX!

AUGUST 23RD, 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 *

CHILLED BEET & CARROT SALAD

Serves: 4, Time: 30 minutes from recipe to table.

Ingredients

- 2 medium sized beets*
- 3 medium sized carrots*

Dressing:

- ¼ cup fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon honey
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon coarse salt
- Optional: 1/4 cup plain greek yogurt or mayonnaise

Recipe adapted from Martha Stewart

Instructions

1. Wash and peel the beets, and wash the carrots. Using the large side of a box grater, grate the beets and carrots.
2. In a bowl or jar, combine the ingredients for the dressing. For a creamier dressing, try adding greek yogurt or mayo!
3. Just before serving, toss the shredded veggies with the dressing.

Variation: For an extra crunch, try adding chopped nuts or sunflower seeds!



MANGOES, PEACHES, PLUMS!

This week's box has a ton of wonderful fruit! Read on to learn how to store and preserve these delicious produce items. Mangoes, peaches, and plums should all be kept at room temperature on your counter until they are ripe. All three of these fruits are ripe when they are slightly soft. To ripen more quickly put into a brown bag with a ripe banana. Once these fruits are ripe, they should be stored in the fridge for 3-5 days. If you don't think you'll get to eating the produce in that time- freeze your fruit! Cut and remove the pit from peaches and plums, and remove the skin and pit from mangoes. Cut into sections and arrange on a baking sheet in a single layer. Freeze for 4-6 hours or overnight, and then combine into a freezer safe ziploc bag or container. Frozen fruit will keep for 4-6 months!



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- FARMS -

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VEGETARIAN CHILI

Serves: 4-6, Time: 1.5 hour from recipe to table OR 8 hours using a slow cooker.

Ingredients

- 2 cobs of corn*
- 1 tablespoon oil
- 1/2 cup diced white onion*
- 1/2 cup diced green bell pepper*
- 1 cup diced green tomatoes*
- 2 cloves garlic
- 1 tablespoon diced jalapeno pepper
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 2 teaspoons smoked paprika
- 2 teaspoons ground coriander
- 1/2 teaspoon salt
- 1 can black beans, drained
- 1 can garbanzo beans, drained
- 1 can cannellini beans, drained
- 1, 16 oz can of crushed or diced tomatoes.

Instructions

1. Microwave the corn, in the husk, for 5 minutes. Let cool.
2. While corn is cooling, in a large pot, add the oil and chopped onion. Saute on medium heat for 5 minutes until translucent. Add the diced bell pepper and green tomatoes and cook for 5 more minutes. Add the minced garlic, chopped jalapenos, and dried herbs.
3. Reduce heat to medium low and add the beans and canned tomatoes.
4. While the mixture is cooking, shuck the corn and cut the kernels off the cob. Add the corn to the chili pot.
5. Cook on medium low for 40 minutes, adding additional spices as desired, or adjusting the amounts of vegetables and beans to your preference.
6. Serve hot with chopped lettuce, avocado, cheese, corn bread, or any combination!

Variation: If you'd like to use a slow cooker, after sauteeing the onions and peppers, add all ingredients to your slow cooker and cook on low for 6-8 hours. Mix up the vegetables or beans in this recipe to make it your own, chili is infinitely customizable!

HOMEMADE HASHBROWNS

Serves: 1-2. Time: 15 minutes from recipe to table

With the large side of a box grater, grate 1 large russet potato into a colander or onto a paper towel. Squeeze or press the potatoes over the sink or bowl to remove as much liquid as possible. This step is important to ensure a good crisp when cooking!

Heat one tablespoon of oil in a frying pan. Add the potatoes to the pan and flatten with a spatula. Cook for 5 minutes on one side, then flip and cook until golden brown, about 5 more minutes. Season with salt and pepper to taste.

Serve hash browns for breakfast with eggs, or as a side dish for any meal! Cooked hash browns can also be frozen and reheated quickly in the microwave or on the stove in the morning.



FALL PLANT SALE

To Order Visit:

MillVillageFarms.org/Plant-Sale

or call **888-FOOD-GVL**

All plant flats must be preordered by

Friday, September 15th

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

Flats include 20 vegetable plants, ready to be planted in your garden!

Pick up will be **Wednesday, September 20th** at the FoodShare drive-thru.

