



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
- FARMS -

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

JULY 27TH, 2022

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.

TUNE INTO THE MILL VILLAGE FARMS FACEBOOK LIVE TONIGHT AT 8 PM FOR

FRESH OUT OF THE BOX WITH FOODSHARE

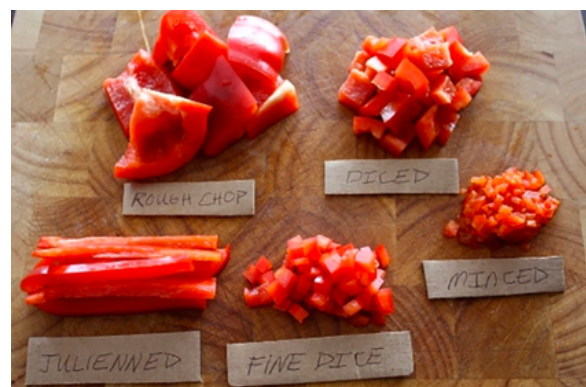
This month on Fresh Out of the Box with FoodShare, we stepped into a cooking class that our students working for Mill Village Farms are taking this summer!

We made tacos to practice our cutting skills. We used fresh produce from this FoodShare box to make salsa, guacamole, and other toppings for vegetarian tacos. Check out the tips below for knife safety and tune into Fresh Out of the Box tonight to hear what our students learned!

KNIFE SAFETY & CUT TYPES

From Frances, Mill Village Ministries' Youth Education Manager, and our summer crews!

- Pick the right knife for the job! Smaller knives, called paring knives, are great for avocados, small tomatoes, hot peppers, and other small items. Serrated knives (with a varied edge) are great for citrus and other items with a thick peel. Chef knives (larger, 6-10 inch thick knives) are great for root vegetables and larger, more firm produce.
- Always hold knives with your hand and fingers completely around the handle- don't put your pointer finger on top of the blade!
- When chopping, push the knife away from your body, don't pull towards yourself.
- If you need to carry a knife around your kitchen, always hold it with the point facing towards the floor and the blade facing behind you. This will help avoid running into someone with the sharp end!
- The size of produce pieces you cut determines how the flavor of seasonings carries and the texture in the dish!
 - Cut smaller pieces to have more flavor released or absorbed, because there will be more surface area in contact with your flavor agents
 - Cut in different shapes to affect the texture when sauteeing and searing. Large, flat strips will sear better, and strips sautee best.



APPLE TURNOVERS

From Chef Barbara Walker

Ingredients

- 1 lb puff pastry, (2 sheets) thawed according to package instructions
- 1 Tbsp all-purpose flour, for dusting
- 1 1/4 lb Granny Smith apples, (3 medium) peeled, cored and diced into 1/3" thick pieces
- 1 Tbsp unsalted butter
- 1/4 cup brown sugar, lightly packed
- 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 1 egg+ 1 Tbsp water for egg wash
- For the Glaze:
 - 1/2 cup powdered sugar
 - 1-2 Tbsp heavy whipping cream
- Recipe Notes: To reduce the chances of filling leaking out of pastries, refrigerate uncovered for 20 minutes before brushing with egg wash and baking (this step is optional).



Instructions

1. Preheat Oven to 400°F. Remove puff pastry from the freezer and thaw according to instructions while making and cooling the apple filling.
2. In a medium pot, melt 1 Tbsp butter over medium heat. Add diced apples and cook, stirring occasionally until softened (5 min).
3. Reduce heat to low and stir in 1/4 cup brown sugar, 1/2 tsp cinnamon, and salt. Continue to simmer 3 minutes until apples are soft and caramelized. Remove from heat and set aside to cool.
4. Use a rolling pin to roll the first sheet of thawed pastry to an 11" square. With a pizza cutter, cut into 4 equal-sized squares. Place cooled apple mixture over half of each square, leaving at least a 1/2" border.
5. Thoroughly Beat together 1 egg and 1 Tbsp water. Brush egg wash lightly on edges of the pastry (just enough to seal), bring the edges together and crimp tightly along the edges with a fork to seal. Repeat steps 4 and 5 with the second sheet of puff pastry to make 8 turnovers.
6. Transfer to a parchment-lined baking sheet, keeping them at least 1" apart. With a paring knife, cut 2-3 small slits in the top of each turnover.* Brush the tops with egg wash and bake 20-23 minutes or until golden and puffed.
7. While turnovers are still warm, stir together powdered sugar and heavy whipping cream (adding to your desired consistency) and drizzle glaze over turnovers.