



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

**NOVEMBER 16TH, 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.

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

## FARMER HIGHLIGHT - BRADFORD FAMILY FARM

This box cycle, your collard greens are from Bradford Family Farms in Sumter, SC. Nat Bradford is the farmer behind the famous Bradford Watermelon, an heirloom variety of watermelon that has taken the southeast by storm in the last ten years. Nat Bradford hasn't stopped at watermelons though. His farm focuses on planting and developing heirloom varieties of all different crops, with a goal of diversifying and invigorating the agriculture scene in South Carolina.

Learn More about Bradford Family Farms at [bradfordwatermelons.com](http://bradfordwatermelons.com)

### CREAMY COLLARD GREENS

Serves: 3-4, Time: 40 minutes from recipe to table.

#### Ingredients

- 1/2 yellow onion\*, sliced into thin strips
- 1 tablespoon olive oil
- 1 bunch collard greens\*
- 1 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1, 14 oz can full fat coconut milk
- 1 teaspoon vegetable stock

#### Instructions

1. First, prep the onion and collard greens. Cut the onion in half, and then into thin strips lengthwise. Cut the stem out of each collard, then stack 5-6 collards on top of each other. Roll the stack of collard greens up like a tortilla wrap, then slice down the wrap in 1/2 inch increments to get long, thin strips.
  2. In a large saucepan or frying pan, heat the olive oil over medium and add the onion. Cook for 5-7 minutes, stirring often, until onions are translucent.
  3. Add the collard greens, red pepper flakes, and salt, and stir until collards turn bright green.
  4. Reduce heat to low and add the can of coconut milk and vegetable stock.
  5. Stir well and cover. Let cook for 20-30 minutes, stirring occasionally until most of the liquid has been absorbed.
- Optional: This recipe can also be made in a crock pot by adding all ingredients to a crock pot and then cooking on low for 5-6 hours.



EST. 2015



# FOODSHARE GREENVILLE

powered by  **MILL VILLAGE  
FARMS**

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## CRISPY GARLIC BRUSSELS SPROUTS & CARROTS

Serves: 4-5,  
Time: 1 hour from  
recipe to table.

### Ingredients

Roasted Veggies:

- 12 oz brussels sprouts\*
- 3 large carrots\*
- 2 tablespoons olive oil
- 2 cloves fresh garlic, minced
- 2 tablespoons grated parmesan (or nutritional yeast if vegan)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes

Glaze Ingredients:

- 2 tablespoons olive oil
- 1 tablespoons honey
- 2 tablespoons balsamic vinegar

### Instructions

1. Preheat oven to 375 deg F. Wash the brussels sprouts, then cut into 1/4 inch slices. Peel the carrots and cut into 1/4 inch circles.
2. In a large bowl, toss the brussels sprouts & carrots with the olive oil, minced garlic, parmesan cheese, salt, black pepper, and red pepper, and place in a single layer on a baking sheet.
3. Bake for 25-35 minutes, depending on desired level of crispiness.
4. If crispiness is the goal, eat hot out of the oven. If you want an extra punch of flavor, whisk together the glaze ingredients and toss the roasted veggies in it.



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## TRADITIONAL CRANBERRY SAUCE

In a medium sauce pan over high heat, bring 1/2 cup orange juice (the juice from two oranges\*), 1/2 cup water and 2 tablespoons sugar to a boil. Add a 12 oz bag of fresh cranberries\*, the zest of one orange, and a pinch of salt and return to a boil. Reduce the heat to medium and boil gently for 10 to 12 minutes, until most of cranberries have burst open. (You may need to mash them a bit with a spoon.) Transfer sauce to a serving bowl. Cover and chill until ready to serve.

**Make-Ahead/Freezing Instructions:** Cranberry sauce will keep for 10 days in a covered container in the refrigerator. It can also be frozen for up to two months. Thaw overnight in the refrigerator before using.

*Recipe from Once Upon a Chef*

# FRESH OUT OF THE BOX WITH FOODSHARE

WED,  
NOV 30TH  
7:00PM

A **LIVE** COMMUNITY COOKING CLASS AT THE TRUIST CULINARY AND HOSPITALITY INNOVATION CENTER!



**Chef Bill Twaler**

*Truist Culinary & Hospitality  
Innovation Center*



**Chef Aurelia Craft**

*Wisdom of Foods*



**Rhonda Rawlings**

*Mill Village Ministries*



LIMITED SPACE,  
REGISTRATION REQUIRED!  
Scan the QR code to register:



Can't make it in person? A video version will be posted on facebook Friday, December 2nd.

