



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

NOVEMBER 2ND, 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 **

ALL ABOUT BEETS

How to cook beets - fresh, boiled, roasted?

Beets are a bright red root vegetable with an earthy, sweet taste. They can be roasted, boiled, or eaten raw. Raw beets will retain a very earthy flavor. Boiling beets is the quickest way to cook them, but it does remove some nutrients. Beets can be boiled whole, no need to cut the base of the stem off. Boil for 20-40 minutes depending on their size, until a knife pierces the flesh easily. After boiling, soak in ice water and slide the peel off with your hands. Roasting beets is the best way to retain all nutrients and get the best texture. Cut the stem off at the base, drizzle the beets with olive oil, wrap in foil, and roast in an oven preheated to 400 deg for 40 minutes to 1-1/2 hours, until a knife pierces the flesh easily. Let cool, and then the peel should slide off. Use boiled or roasted beets in recipes like the beet hummus below, or skip the pre-cooking step and make beet chips!

Beet Chips - *Recipe to table in 1 hour 30 min, active time 10 minutes*

Scrub beets clean. Cut the stem off. Slice very thinly using a mandolin if available, or use a sharp knife and cut slices as evenly as possible. Place the beet slices in a large bowl and toss with 1 tablespoon of olive oil and 1/4 teaspoon of salt for every beet. Let sit for 15-20 minutes, allowing the salt to make the beets 'sweat' out excess moisture. Drain the bowl of beets. Spread beet slices in a single layer on a parchment paper lined baking sheet and bake at 300 degrees F for 45 minutes to 1 hour. Remove the beets from the oven when they are crisp but not brown. *Don't skip the 15-20 minute sit in the salt and oil or the beet chips will not crisp or retain their color!*

Recipe from A Spicy Perspective



Beet Hummus - *Recipe to table in 1 hour 30 min, active time 10 minutes*



Roast beets according to directions above. Peel and cut 1 beet to get 1/2 cup of diced, roasted beet. In a food processor, add the diced beets, 1 can of drained chickpeas, the juice of half a lemon, 2 cloves of garlic (or 1 teaspoon of garlic powder), 1 tablespoon olive oil, and 2 tablespoons of tahini. Process until smooth, adding salt and pepper as desired. If you don't have tahini, add an extra tablespoon of olive oil. Additional spices you could add for some zing are sumac, smoked paprika, mint, cumin, or cayenne.

Recipe Adapted from Minimalist Baker



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

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CREAMY POTATO & BROCCOLI SOUP

Serves: 3-4, Time: 1 hour from recipe to table.

Ingredients

- 1/2 yellow onion, roughly chopped
- 2 cloves minced garlic or 2 teaspoons garlic powder
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 4 medium potatoes, washed and diced
- 1/2 cup diced celery
- 1 cup raw cashews
- 6 cups vegetable stock
- 5-6 tbsp nutritional yeast
- 1 1/2 cups broccoli florets, diced small
- 1/3 cup fresh chives

Instructions

1. In a large, deep pot, heat olive oil over medium heat. Add the onions and cook for 5 minutes, stirring frequently, until translucent.
2. Add the minced garlic, red pepper flakes, black pepper, potatoes, and celery and cook for another 3 minutes.
3. Add the raw cashews and vegetable stock. Cover pot and bring to a simmer, stirring occasionally. Cook until the potatoes and cashews can be pierced with a fork, about 20 minutes. Puree with an immersion blender or in batches in a food processor until creamy and return to low heat. Add the nutritional yeast and broccoli florets and cook for 5 minutes longer, until broccoli is soft but not mushy.
4. Serve hot with chives on top.

Notes: If you are not vegan, reduce stock to 4 cups and add 1 cup of cream when blending, and replace nutritional yeast with cheddar cheese. If you are not vegetarian, try adding bacon to the finished soup!

Adapted from Veggie Society

HOW TO CUT A GRAPEFRUIT

Grapefruit is a delicious citrus that is most easily eaten by cutting in half and using a small knife to cut each segment away from the pulp. Try cutting the segments out and adding to an arugula salad!

To cut your grapefruit, first cut in half horizontally, so you end up with the stem half and bottom half. Next, run a small knife around the perimeter of the grapefruit to remove the segments from the side. Then, run your knife along each side of each segment. You can leave the segments in and eat straight from the grapefruit, or remove the flesh from the peel to toss in salad or eat separately. Try saving the excess juice to add to a salad dressing!

