



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
FARMS

DON'T FORGET
TO RE-ORDER
YOUR NEXT
BOX!

OCTOBER 19TH, 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.

FRESH OUT OF THE BOX WITH FOODSHARE

WATCH CHEF EUGENA TALLEY COOK THIS RECIPE ON *MILL VILLAGE FARMS*

FACEBOOK! VIDEO WILL BE POSTED FRIDAY, 10/21 AT 5PM!

Ingredients

- 3 tablespoons olive oil
- 1/2 yellow or white onion
- 2 cloves of garlic, minced
- 8 cups of vegetable broth
- 1 teaspoon kosher salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 head of cabbage chopped into one inch chunks
- 5 carrots peeled and chopped
- 2 stalks of celery sliced thin
- 14.5 oz can of petite diced tomatoes

WINTER VEGETABLE SOUP

Serves 4-6, Recipe to Table in 1 hour

Recipe by Chef Eugena Talley
of *The Herbal Farmery*

Instructions

1. In a large pot over medium heat, add olive oil, diced onion, and minced garlic. Cook for 5-7 minutes until onions are translucent.
2. Add the broth, salt, pepper, thyme, cabbage, carrots, potatoes, celery, and tomatoes and reduce heat to medium low. Simmer for 25 minutes until potatoes can be easily pierced with a fork.
3. Serve hot with crusty bread!

QUICK BREAKFAST HASH

Serves 2, Recipe to Table in 30 minutes.

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 to remove as much moisture as possible. This step is important to ensure a good crisp when cooking!

Chop 1/4 red onion* and 1/2 green bell pepper* into long, thin slices. In a large skillet over medium heat, add the oil, potatoes and onion. Stir to absorb oil, then press flat. Cook for 5 minutes on one side, then add bell pepper and mix in, turning the potatoes and onion.

Cook for an additional 5 minutes, then once the potatoes are lightly golden brown, push to one side of the pan and add eggs. Cook eggs in desired style, adding salt and pepper as needed. Serve the hash all together for any meal! Try adding cheese, hot sauce, or avocado for more flavor.



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STUFFED CABBAGE ROLLS

Serves 4, Recipe to Table in 1 hour 30 minutes

Recipe from *The Piquant Post*



Ingredients

- 1/2 cup cooked steamed rice
- 1 large green cabbage
- 2 portobello mushrooms, diced
- 1 sweet onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- salt and pepper to taste
- 1/2 teaspoon cumin
- 1/2 teaspoon sumac
- 1/2 teaspoons red pepper flakes
- 1/2 teaspoon cinnamon
- Juice from half of a lemon

Optional lemon dill yogurt sauce:

- 1/3 cup plain greek yogurt
- Juice from half a lemon
- 1 tablespoon fresh chopped dill

Instructions

1. Fill a large soup pot half full with water and bring to a boil. Cut the cabbage in half from the top down. Carefully cut and remove the core with a knife. Gently remove the whole leaves and wash each one, keeping it fully intact. Boil the leaves in the water for about two minutes, until pliable. Drain and rinse with cold water to stop cooking. Set aside.
2. Heat a large pan on medium high and add 1 tablespoon olive oil. Add the diced onion and cook for 5 minutes. Stir in the diced mushrooms and garlic and cook for an additional 5 minutes. Stir in the spices, salt & pepper, and rice. Once combined, remove from heat.
3. Using one cabbage leaf at a time, place 1-2 tablespoons of filling onto a cabbage leaf and fold the sides over the filling. Roll the leaf up and set aside. Repeat until there is no filling left.
4. In the same pan you cooked the filling in, add another tablespoon of oil in and heat over medium. Place the cabbage rolls in the pan seam side down. Pour lemon juice and one cup water over top and cover. Reduce heat to low and simmer for 15 minutes.
5. While the rolls cook, combine the yogurt sauce ingredients in a small bowl and whisk. Serve rolls on a plate (hot or cold!) and add a dollop of sauce to each roll.

HOW TO CUT A CABBAGE IN FOUR PICTURES!

