



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
FARMS

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

SEPTEMBER 6TH, 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 **

POTATO "SALAD" WITH KALE & MUSHROOMS

Serves: 6, Time: 1 hour from recipe to table.

Ingredients

- 2 cups diced potatoes*
- 1/2 cup diced onion*
- 3 cups torn kale*
- Half container of mushrooms*, diced
- 1 teaspoon lemon juice

Dressing:

- 1/2 cup apple cider vinegar
- 2 tablespoons granulated sugar
- 1.5 tablespoons Dijon mustard
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 tablespoon minced fresh garlic, about 3 cloves
- 1/2 cup chopped fresh parsley, or 1/2 tablespoon dry parsley
- Optional: 1/3 cup plain greek yogurt

Instructions

1. Wash the potatoes, onion, kale, and mushrooms. Chop the potatoes into one inch cubes, place in a large pot and cover with cold water and 1/2 teaspoon salt. Boil the potatoes until they are easily pierced with a fork, about 15 minutes.
2. While the potatoes are cooking, dice the onion and mushrooms and tear the kale from the stems into small pieces. Then mix together the dressing ingredients in a mason jar or small bowl (for a creamier dressing and to add protein, add the yogurt)
3. When the potatoes finish cooking, drain the water and leave them in the pot to steam dry for a few minutes.
4. Meanwhile, in a large frying pan, saute the onion with a tablespoon of olive oil for 5 minutes until translucent. Add the mushrooms and kale and stir to combine. Add the lemon juice and a splash of oil if the pan looks dry.
5. Once the kale has begun to wilt and turn bright green, remove from heat.
6. Combine the potatoes and veggies in the large pot and add the dressing, reserving 1/4 cup. Toss together over low heat until combined. Serve warm!

JALAPENO 101

Jalapenos are a mildly spicy pepper that is native to Mexico, but is now grown around the world. They should be stored in the refrigerator. The heat of jalapenos is concentrated in the white veins and seeds, so cutting these out will make the pepper kick more mild. Additionally, you should avoid touching your face when cutting these peppers as the capsaicin can cause a burning sensation on your skin!



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EATING LOCAL!

Did you know that FoodShare Greenville incorporates locally grown produce into our boxes? This week, the zucchini, tomatoes, kale, and jalapeno peppers are all sourced from local farmers! Eating local is a great way to get produce that is fresher and support local farmers. Sometimes buying local can be more expensive than the grocery store, but there are programs, especially for folks using SNAP! At the Greenville Saturday Market and Travelers Rest Market you get \$15 for every \$5 you spend with SNAP, and there are additional benefits for seniors.

PEAR APPLESAUCE

Serves: 4-6, Time: 1 hour from recipe to table

Ingredients

- 4 pears*, cut into chunks
- 3 apples*, cut into chunks
- ½ cup water
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- ¼ teaspoon ground cinnamon

Note: Apples and pears can be peeled or unpeeled. Ratios of apples and pears can be adjusted to whatever you have on hand!

Instructions

1. Heat a skillet over medium heat; add pears, apples, and water to the hot skillet. Cover and simmer fruit mixture for 10 minutes; remove lid and cook until most of liquid is evaporated and fruit is softened, 10 to 15 more minutes.
2. Remove skillet from heat and transfer fruit mixture and any remaining liquid to a food processor, add lemon juice and vanilla extract. Process until smooth; stir in cinnamon. Serve warm or refrigerate up to 4 days.

RADISHES?

Radishes can be a tricky veggie! They're often just tossed on top of salad or into a coleslaw and forgotten about. Here are 5 ways to use radishes tonight:

1. **Fresh Radishes with Butter & Salt:** Simply cut the radishes in half and spread a thin layer of butter and sprinkle salt on the cut side. This is a classic French side!
2. **Roasted Radishes:** Cut in half and toss with olive oil, salt, pepper, and garlic powder. Roast at 425 deg F for 15-25 minutes, until golden.
3. **Tomato Sandwich Upgrade:** Slice as thin as you can (or using the slicing side of a box grater) and add to a tomato sandwich, in between the mayo and tomato!
4. **Ginger & Soy:** Slice radishes as thin as you can and toss with soy sauce, dried ginger, and garlic powder. Add sriracha for more of a kick and serve cold with Asian inspired dishes!
5. **Into Soup:** Slice into thin sticks and toss on top of tomato soup, chicken noodle soup, ramen, or any other soup to add a crunch and little bit of peppery flavor!



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.

