



FOODSHARE GREENVILLE

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FARMS

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

JUNE 28TH, 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 *

SIMPLE FRIED GREEN TOMATOES

Serves: 4, Time: 30 minutes from recipe to table.

Ingredients

- 2 large green tomatoes*
- 1 egg
- 1/3 cup flour
- 1/2 cup plain panko bread crumbs
- 1/2 cup cornmeal
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup vegetable or canola oil



Photo from Food & Wine

Instructions

1. Wash and slice tomatoes into 1/4" thick slices.
2. Set up your batter assembly line: put the flour on a plate or shallow bowl, in a different shallow bowl lightly beat the egg, and on a third plate or shallow bowl, whisk together the panko crumbs, cornmeal, salt and pepper.
3. In a large frying pan, heat the oil over medium high heat. Make sure the oil is about 1/2" thick across the entire bottom of the pan. The oil is hot enough when a bit of flour dropped in immediately starts to bubble.
4. Cover a baking sheet in paper towels next to the pan for the fried tomatoes to drain on once they're cooked.
5. Dip both sides of the slices of tomato into the flour, then egg wash, and finally coat in the cornmeal mixture. Immediately place into the frying pan.
6. Fry for about 3 minutes on each side, until golden brown. Remove from frying pan and place onto paper towels.
7. Serve hot, with your favorite dipping sauce, over grits, or just eat them plain!

WHAT IF I DON'T LIKE GREEN TOMATOES?

Leave them on your counter! Green tomatoes will ripen after they have been harvested! If green tomatoes aren't your thing, leave them on your counter at room temperature. They may take a week or two, but they will turn red and ripe.

How should I store tomatoes? The ideal temperature for ripe tomatoes to be stored at is between 55-70 degrees F. This is warmer than the fridge, but colder than your counter (especially in the summer!). If you have a basement or cool room in your house, store your tomatoes there. If not, store them in the fridge only after they have ripened completely. Tomatoes won't continue to ripen in the fridge.

Information from *Serious Eats* "How to store tomatoes"



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TERIYAKI GRILLED (OR ROASTED) SUMMER VEGGIES

Serves: 3-4. Time: 1 hour from recipe to table, 30 minutes active

Ingredients

- 8 oz pack portobello mushrooms*
- 1/2 red onion*
- 1 green bell pepper*
- 1 yellow squash*
- 2 tablespoons oil (sesame preferred)
- 1/4 cup soy sauce
- 5 teaspoons packed brown sugar
- 1 tablespoon honey, or more to taste
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- Wooden skewers (if grilling)



Instructions

1. Wash and slice all vegetables into 1/2" thick rounds or slices. Cut the onion into wedges.
2. In a large bowl, whisk together the remaining ingredients to create a marinade. Add the vegetables and toss gently to coat. Cover and refrigerate for at least 30 minutes, but preferably a few hours.
3. Preheat the oven to 375 deg F, or your grill to medium high. If grilling, slide the pieces of vegetables onto skewers. If roasting, arrange vegetables in a single layer on a parchment or foil lined baking sheet.
4. Cook until vegetables have softened and gotten charred, about 10 minutes on the grill. If roasting, cook for 20 minutes, and then broil for 3 minutes to get a bit of crispiness. Toss with additional teriyaki sauce before serving.

QUICK SUMMER KALE SALAD

Serves: 3-4. Time: 20 minutes from recipe to table

Ingredients

- 3/4 cup cous cous
- 1 bunch kale*
- 2 tablespoons olive oil
- 4 radishes*
- 1 fuji apple*
- 1/4 red onion*
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 2 teaspoons lime juice
- 1 teaspoon honey or sugar
- 1 clove garlic, minced
- 1/2 teaspoon each salt, pepper, and red pepper flakes

Instructions

1. Prepare the cous cous according to package directions and set aside to cool.
2. Tear the kale off of the stems into bite sized pieces and place into a large bowl. Add the olive oil and massage the kale for one minute. After massaging, the kale should be a brighter green and not as crisp.
3. Thinly slice the radishes, apple, and red onion and add to the kale.
4. Make a vinaigrette by combining equal parts olive oil and apple cider vinegar with the lime, honey, garlic, salt, pepper, and red pepper flakes.
5. Toss the salad mixture with the dressing and cous cous and serve cold!