

ORT FARMS 2019 CSA



This is your weekly email containing a Recipe of the Week for each vegetable, herb, or fruit item from your CSA share. Also included is information on health benefits, how to choose your produce, and storage tips.

We welcome recipe sharing so if you have a recipe that you would like to share, please email it to jen@mealdiva.com and we will be sure to share it!



Leaf Lettuce



Recipe of the Week:

"Chopped Salad" from Dash of Sanity

Although it takes a few extra minutes to chop everything together; it's worth it! Chopped salads have so much flavor.

<https://www.dashofsanity.com/copycat-carrabbas-chopped-salad/>

Health Benefits:

- Leaf lettuce can be a stellar source of vitamins A, C, K, and folate.
- Lettuce in general provides small amounts of dietary fiber, some carbohydrates, a little protein and a trace of fat.

How to Choose:

- Lettuce leaves should be free of wilt, rot and rust.

Storage Tips:

- Wrap fresh, unwashed leaves in plastic wrap and store in the refrigerator for a few days if necessary. Cooler temperature will keep lettuce fresh longer.
- Avoid storing lettuce with apples, pears or bananas. These fruits release ethylene gas, a natural ripening agent, that will cause the lettuce to develop brown spots and decay quickly.

Kale



Recipe of the Week:

“Kale & Citrus Salad” from Saveur

A bright, flavorful kale salad

<https://www.saveur.com/article/Recipes/Winter-Kale-and-Citrus-Salad/>

Health Benefits:

- Kale is a very versatile and nutritious green leafy vegetable. It is a widely popular vegetable since ancient Greek and Roman times for its low fat, no cholesterol but health benefiting anti-oxidant properties.
- Kale is very rich source of beta-carotene, lutein and zeaxanthin. These flavonoids have strong anti-oxidant and anti-cancer activities.

How to Choose:

- Look for kale with dark bunches that have small to medium leaves.

Storage Tips:

- Store kale in a plastic bag in the coldest part of the refrigerator for up to 5 days.

Peach



Recipe of the Week:

"Fresh Peach Salsa" from Feasting at Home

This fresh Peach Salsa recipe is bursting with summer flavor! Delicious on its own with chips or serve over grilled fish or chicken.

<https://www.feastingathome.com/fresh-peach-salsa/>

Health Benefits:

- Peaches are a rich source of beta carotene that improves vision health by increasing circulation of blood in the all body parts

How to Choose:

- When selecting peaches, smell the fruit. The peach is a member of the rose family and should have a pleasingly sweet fragrance
- Peaches should be soft to the touch but not mushy. Don't squeeze peaches; they bruise easily

Storage Tips:

- Place firm peaches on the counter at room temperature and they will ripen within a few days.
- Promptly refrigerate ripe peaches, and eat them within a week of purchase

Blueberry



Recipe of the Week:

"Corn & Blueberry Salad" from Better Home & Gardens

Add a bright, fresh side dish to your menu with this Corn and Blueberry Salad recipe

<https://www.bhg.com/recipe/salads/corn-and-blueberry-salad/>

Health Benefits:

- This little super-fruit packs a serious punch as an antioxidant powerhouse and a disease fighter.

How to Choose:

- Look for berries that are vibrantly colored, taut and shiny.
- Check the bottom of the basket as well to make sure there isn't leakage from damaged berries that may be hidden..

Storage Tips:

- Berries are very delicate and should be refrigerated tightly sealed.

Cantaloupe



Recipe of the Week:

"Cantaloupe Ice Cream" from Bonnie Plants

Once you try this cantaloupe ice cream, you'll want to make it again and again. The texture is creamy and smooth, the taste fresh and light.

<https://bonnieplants.com/recipes/cantaloupe-ice-cream/>

Health Benefits:

- Cantaloupe serves as good source of folate, an important water-soluble B-vitamin micronutrient needed for healthy growth and maintenance of cells within the body and for the prevention of anemia

How to Choose:

- Choose a cantaloupe that has a delicate, sweet aroma, yellow-tinged skin, a thick textured rind, and no stem.

Storage Tips:

- Do not leave the cantaloupe at room temperature for more than 4 days. Once ripe or cut, the melon should be refrigerated and consumed within 2 days.

Watermelon



Recipe of the Week:

"Mint & Watermelon Salad" from Taste of Home

An easy, tasty and beautiful salad that the kids will adore!

<https://www.tasteofhome.com/recipes/mint-watermelon-salad/>

Health Benefits:

- Watermelon is a nutrient dense food that provides a high amount of vitamins, minerals and antioxidants for a low amount of calories..

How to Choose:

- Pick a dull looking watermelon. A shiny appearance indicates that it's not ripe.
- Find the field spot. This is a creamy spot on the melon, and it's where the watermelon was resting on the ground. The field spot should be a yellowish creamy color, like shown with my watermelon:

Storage Tips:

- Store uncut watermelon at 55 degrees or above. Whole melons will keep for two weeks at 60 degrees.

Basil



Recipe of the Week:

"Simple Fresh Basil Pesto Recipe" from Highlands Ranch Foodie Blog

Basil pesto makes every dish taste better!

<https://highlandsranchfoodie.com/basil-pesto/>

Health Benefits:

- Basil is rich in vitamin A, vitamin K, vitamin C, magnesium, iron, potassium, and calcium.

How to Choose:

- The leaves of fresh basil should look vibrant and be deep green in color. They should be free from dark spots or yellowing.

Storage Tips:

- To keep basil fresh, trim the stems and place them in a glass or jar of water, just like cut flowers. Loosely cover it with a plastic bag and leave it on the counter.

Onion



Recipe of the Week:

"Bourbon & Brown Sugar Candy Onions" from Fox & Briar Blog

Bourbon and brown sugar give these slowly simmered caramelized onions a rich, creamy flavor and buttery texture. Delicious on just about everything!

<https://cookingbride.com/sauces-and-seasonings/bourbon-caramelized-onions/>

Health Benefits:

- The phytochemicals in onions improve the working of Vitamin C in the body, thus gifting you with improved immunity.
- Onions contain chromium, which assists in regulating blood sugar.
- Those bright green tops of green onions are rich in Vitamin A, so do use them often.

How to Choose:

- Choose firm dry onions with shiny, tissue-thin skins. "Necks" should be tight and dry

Storage Tips:

- Dry onions keep three to four weeks if stored in a dry, dark, cool location. Don't store them next to potatoes, which give off a gas that'll cause onions to decay.

Cucumber



Recipe of the Week:

"Sour Cream Cucumber & Onion Salad" from Spend with Pennies

Sour Cream Cucumber and Onion Salad is the perfect salad recipe! Sliced cucumbers and onions along with white wine vinegar make a delicious tangy creamy sour cream dressing that is quick and easy to make!

<https://todayscreativelife.com/sour-cream-cucumber-and-onion-salad/>

Health Benefits:

- Cucumbers are a good source of B vitamins so put down your sodas and coffee and eat a cucumber slice

How to Choose:

- Look for firm cucumbers, without blemishes or soft spots

Storage Tips:

- Cucumbers will keep for up to a week if wrapped loosely in plastic and stored in the crisper

Garlic Scapes



Recipe of the Week:

"Garlic Scape Soup" from mmmgarlic blog

Garlic scape soup - light, creamy and delicious

<https://www.mmmgarlic.com/garlic-scape-soup/>

Health Benefits:

- They have a high content of protein, vitamin C, and calcium.
- Garlic scapes also have many of the same health benefits of garlic cloves. Some of the common benefits are reducing inflammation while boosting your immune system and combating certain health issues such as heart disease, high blood pressure and cholesterol, and possibly even cancer.

How to Choose:

- The top of the stalks should be thick and topped with a pointy pod.

Storage Tips:

- They will keep up to 3 weeks when refrigerated loosely in plastic.
- They also keep well stored upright in a vase full of water.

Garlic



Recipe of the Week:

"Roasted Garlic Dressing" from Eating Blog Recipe

Rich roasted garlic makes an incomparably flavored dressing. Try this on any salad with bold-flavored greens or ingredients

<http://www.eatingwell.com/recipe/249665/roasted-garlic-dressing/>

Health Benefits:

- It is a good source of selenium
- Believed to have anti-inflammatory benefits across body systems
- Believed to have antibacterial and antiviral Benefits
- Believed to have cancer prevention

How to Choose:

- Choose garlic heads that are firm to the touch, with no nicks or soft cloves.

Storage Tips:

- Store unpeeled heads of garlic in an open container in a cool, dry place away from other foods. Do not refrigerate or freeze unpeeled garlic. Properly stored garlic can keep up to three months.

String bean



Recipe of the Week:

"Roasted Parmesan Green Beans" from Skinny Taste

Roasted Green Beans topped with Parmesan come out perfectly charred and tender - SO good, I can literally eat the whole batch and made with just four

<https://www.skinnytaste.com/roasted-parmesan-green-beans/>

Health Benefits:

- Green beans are an excellent source of vitamin K.
- They are a very good source of manganese, vitamin C, dietary fiber, folate, and vitamin B2.
- Green beans have also been shown to contain valuable amounts of the mineral silicon, and in a form that makes it easier for us to absorb this bone-supportive and connective tissue-supportive nutrient.

How to Choose:

- Purchase beans that have a smooth feel and a vibrant green color, and that are free from brown spots or bruises.
- They should have a firm texture and "snap" when broken..

Storage Tips:

- Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Corn



Recipe of the Week:

"Quick and Easy Corn Fritters" from Just a Taste Blog

A delicious recipe for the entire family!

<https://www.justataste.com/quick-easy-corn-fritters-recipe/>

Health Benefits:

- Corn is a good source of pantothenic acid, phosphorus, niacin, dietary fiber, manganese, and vitamin B6.

How to Choose:

- Look for corn whose husks are fresh and green and not dried out. They should envelope the ear and not fit too loosely around it.
- To examine the kernels, gently pull back on part of the husk. The kernels should be plump and tightly arranged in rows.

Storage Tips:

- Store corn in an air-tight container or tightly wrapped plastic bag in the refrigerator if you do not intend to cook it on the day of purchase.
- Do not remove its husk since this will protect its flavor.

Tomatoes



Recipe of the Week:

"Tomato Gallet" from Mid-west recipes

Tender Parmesan-pepper pastry cradles heirloom tomatoes, shallots, goat cheese and fresh herbs in a fold-over tart that's ideal for weekend brunch.

<http://www.midwestliving.com/recipe/tomato-galette/>

Health Benefits:

- Intake of tomatoes has long been linked to heart health.
- Fresh tomatoes and tomato extracts have been shown to help lower total cholesterol, LDL cholesterol, and triglycerides

How to Choose:

- Select tomatoes that are deeply colored and firm, with a little give.
- Sniff all tomatoes if you can. If they're missing that sweet, woody smell, leave them behind.

Storage Tips:

- Keep tomatoes at room temperature on a plate; never store them in a plastic bag

Peppers



Recipe of the Week:

"Peppers Preserved in Oil" from Larder Love Blog

Preserving veggies in oil is super easy, and these peppers preserved in oil are the tastiest and most useful goodies you'll make.

<https://larderlove.com/peppers-preserved-in-oil/>

Health Benefits:

- One cup will give you more than your daily quota of Vitamin A and C!
- They contain plenty of vitamin C, which powers up your immune system and keeps skin youthful.

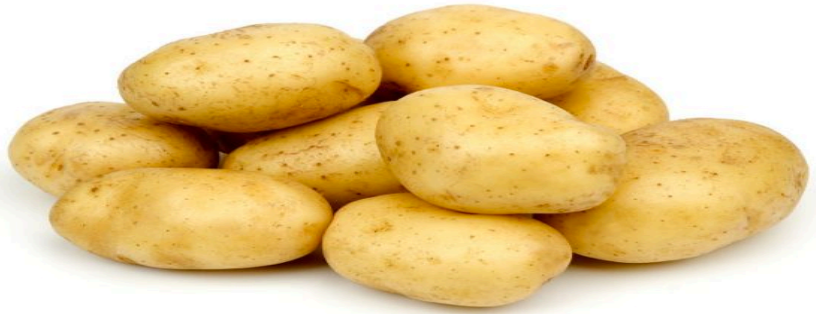
How to Choose:

- Look for peppers that are firm, deeply colored and glossy.
- Peppers that have the straightest sides will be the easiest to peel..

Storage Tips:

- Keep peppers in the refrigerator, tightly wrapped in a plastic bag.

Potatoes



Recipe of the Week:

"Garlic Roasted Potatoes" from Food Network

Basic and delicious, this is an easy way to roast up some summer fresh potatoes!

<https://www.foodnetwork.com/recipes/in-a-garten/garlic-roasted-potatoes-recipe-1913067>

Health Benefits:

- Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.
- They are very good natural sources of both soluble and insoluble fiber.

How to Choose:

- Choose firm, smooth potatoes with few eyes. Avoid those with green patches—a sign of prolonged exposure to light. The discolored spots taste bitter and are toxic if eaten in large quantities..

Storage Tips:

- Remove potatoes from plastic packaging and place them in a paper bag so they can breathe. They should be stored in a well-ventilated, cool, dark place (not in the refrigerator, which will alter their taste).

Eggplant



Recipe of the Week:

"Eggplant Peppers and Onions Recipe" from Family Foodie

This is a real farm-to-table recipe by a talented food blogger: it's light, hearty and delicious!

<http://familyfoodie.com/eggplant-peppers-and-onions-recipe/>

Health Benefits:

- Eggplant is a very good source of dietary fiber, vitamin B1, and copper.
- It is a good source of manganese, vitamin B6, niacin, potassium, folate, and vitamin K.

How to Choose:

- Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid.
- The stem and cap, on either end of the eggplant, should be bright green in color

Storage Tips:

- Place uncut and unwashed eggplant in a plastic bag and store in the refrigerator crisper where it will keep for a few days. If it is too large for the crisper, do not try to force it in; this will damage the skin and cause the eggplant to spoil and decay. Instead, place it on a shelf within the refrigerator.

Summer Squash



Recipe of the Week:

"Zucchini Fries" from Mr. Food Test Kitchen

Your gang will love these spicy hot baked zucchini fries. We bet they won't even care that they're eating healthy vegetables!

<http://www.mrfood.com/Appetizers/Fiery-Zucchini-Fries>

Health Benefits:

- Zucchini is a great source of potassium and vitamin A.
- They contain moderate levels of B-complex group of vitamins like thiamin, pyridoxine, riboflavin and minerals like iron, manganese, phosphorus, and zinc.

How to Choose:

- Zucchini should be no longer than six inches, one to two inches in diameter.
- Zucchini should have firm, shiny, and slightly prickly skin, be free of cuts and blemishes, and have at least one inch of stem attached..

Storage Tips:

- Store zucchini, unwashed, in a perforated plastic bag in the crisper drawer of refrigerator up to 5 days.
- Cooked zucchini should be covered, refrigerated and used within two days.
- To freeze zucchini, slice into rounds, boil for two minutes, plunge into cold water, drain, and seal in airtight containers or baggies.