

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!



Apples



Recipe of the Week:

"Classic Applesauce Recipe" from A Pinch of Yum

Tasty homemade apple sauce!

<https://pinchofyum.com/classic-homemade-applesauce>

Health Benefits:

- apples are a good source of fiber and vitamin C. **How to Choose:**
- Select apples that are smooth-skinned, deeply colored and glossy

Storage Tips:

- Apples do best in the fruit drawer of the refrigerator, where they keep for up to 3 weeks. At room temperature, they ripen too quickly and become mealy after 2 days..

Corn



Recipe of the Week:

"Fresh Corn Salsa" from My Food & Family

Enjoy seasonal veggies in the best way: with Fresh Corn Salsa! Eat this corn salsa with chips or topped over steak or chicken. Either way, you can't lose!

<https://www.myfoodandfamily.com/recipe/075225/fresh-corn-salsa>

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:

"Roasted Tomato's" from epicurious

A long turn in the oven gives these juicy plum tomatoes good caramelization, lending sweetness to their robust flavor.

<https://www.epicurious.com/recipes/food/views/roasted-tomatoes-235766>

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:

"Beef Stuffed Peppers" from Natasha's Kitchen

Beef stuffed bell peppers are a meal in themselves; a classic Russian and Ukrainian dish.

<https://natashaskitchen.com/beef-stuffed-bell-peppers/>

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.

Leaf Lettuce



Recipe of the Week:

"Scallion Dressing" from Food & Wine

Why not whip up some fresh scallion salad dressing and toss it with your farm fresh greens! Yum!

<https://www.foodandwine.com/recipes/scallion-vinaigrette>

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.

Garlic



Recipe of the Week:

"Garlic Butter Sauce" from all recipes

A rich, buttery sauce for pasta with herbs and garlic. Great with grated Parmesan or Romano cheese. Try serving it over your favorite pasta. Easy to double or triple.

<https://www.allrecipes.com/recipe/11920/garlic-butter-sauce-i/>

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.

Scallions



Recipe of the Week:

"Savory Scallion Bread" from Food Blog

An easy, savory quick bread recipe!

<https://www.food.com/recipe/savory-scallion-quick-bread-140390>

Health Benefits:

- Scallions contain a wide variety of health-enhancing compounds like vitamins, minerals and phytochemicals.

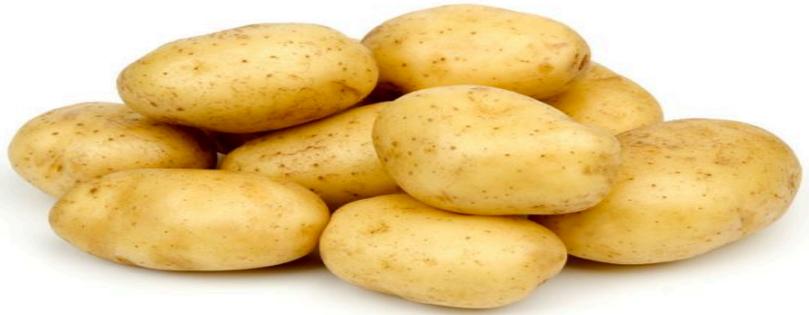
How to Choose:

- Fresh scallions should have bright green tops and firm, white bases. Avoid those with wet, wilted tops.

Storage Tips:

- Trim the bottoms and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days. Or treat your spears like fresh flowers: Place the cut ends in a bowl or a vase filled with an inch of water and cover the tops with a plastic bag

Potatoes



Recipe of the Week:

"Garlic Parm Potatoes" from Busy Baker Blog

These potatoes are crispy on the outside and soft and fluffy on the inside, made with only a few simple ingredients, and they're bursting with flavor to compliment all of your favorite dishes

<https://thebusybaker.ca/garlic-parmesan-oven-roasted-potatoes/>

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).