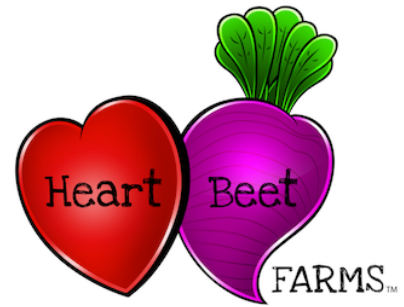


Week 9



We hope you enjoyed Week 8's CSA box & salsa!

In Week 9, we are focused on **EGGPLANT** – one of our favorite veggies! So I have to admit (it's Jen) – I LOVE fried eggplant – especially eggplant parmesan with all the sauce and cheese – YUMMY! Obviously that's not a dish you should eat every day – but once and a while, it satisfies those fried-food cravings! And you can always make it a little healthier by using healthier oils and breadcrumbs and preparing your own sauce from your very own tomatoes. Eggplant is a very good source of dietary fiber, vitamin B1 and copper. It is also a good source of manganese, vitamin B6, niacin, potassium, folate and vitamin K. Eggplant can be grilled, stuffed, tossed in pasta, mashed into a dip, stir-fried, braised, roasted or baked. Enjoy your eggplant this week!

Peace, Love & Eggplant, Ann & Jen

Weekly Soup or Sauce:

Eggplant & Cabbage Soup

Ingredients

- Eggplant
- Savoy Cabbage
- Onion, Carrots, Celery, Tomato
- Fresh Herbs
- Veggie Broth

**Recipe by Healthy Living Networking*

What else is included in your box this week?

- Red Cabbage
- Kale
- Radishes
- Tomatoes
- Peppers
- Eggplant
- Onion
- Lettuce

Recipe Ideas

Garlicky Kale, Sausage & Tomato Pasta

This dish combines juicy tomatoes with hearty pasta, sausage and kale! HeartBeet Farms will supply the tomatoes & kale & you can pickup the sausage at Marino & Son Meats! Check out the recipe @ heartbeetfarms.com/blog

ARE PLASTIC BAGS GOING TO BE BANNED IN SUFFOLK COUNTY?
Beginning January 1, 2018, the use of plastic bags in most retail stores will be eliminated. The purpose of this local law is to encourage consumers in Suffolk County to use their own reusable bags for shopping by requiring not less than a \$0.05 charge on carryout bags that are provided at retail stores.

heartbeetfarms.com

Link to our  *Pinterest* for recipes