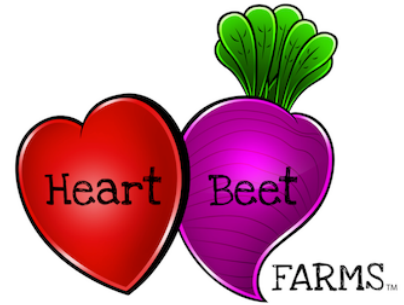


Week 4



We hope you enjoyed Week 3's CSA box!

In Week 4 we are highlighting potatoes! Potatoes are an excellent source of vitamin C, a good source of potassium (more than a banana!), a good source of vitamin B6 and are fat-, sodium- and cholesterol-free. There are more than 200 varieties of potatoes sold throughout the US. Each of these varieties fit into one of seven potato categories: russet, red, white, yellow, blue/purple, fingerling and petite. Your CSA share will include a few different varieties of potatoes that can be combined with any and all of your other CSA produce. Happy cooking!

Weekly Soup or Sauce: **Zucchini Minestrone**

Ingredients

Onion – Celery – Carrots – Eggplant – Squash – Zucchini – Tomato – Vegetable Base – Seasoning

**Recipe by Jason's Food Service Group & Catering*

*Peace, Love & Veggies,
Ann & Jen*

What else is included in your box this week?

- Kale
- Potatoes
- Arugula
- Cucumbers
- Zucchini/Yellow Squash
- Mustard Greens

Simple Recipe Idea:

Sautéed Kale with Potatoes & Rosemary

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ teaspoon fresh rosemary, minced
- 2 medium potatoes, cubed and steamed
- 2 cups chopped kale, stems removed
- Freshly grated parmesan cheese or nutritional yeast

Directions:

1. In a heavy skillet, heat oil over medium heat.
2. Add the garlic, rosemary, potatoes, and greens and toss well. Sauté until kale is wilted for about 4 minutes. Then smash the mixture down into the shape of a pancake with a spatula. Cook for an additional 3-4 minutes. Sprinkle with parmesan cheese or nutritional yeast.

IMPORTANT NOTE

Protecting our Earth through recycling is very important to HeartBeet Farms. Please contribute by bringing back the bag(s) that your veggies arrive in when you pickup or we deliver.