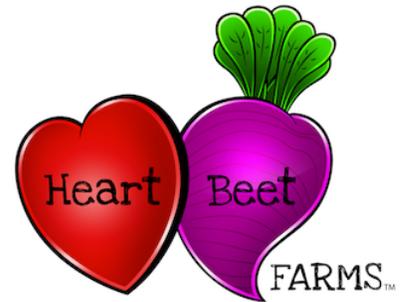


Week 5



We hope you enjoyed Week 4's CSA box & soup!

In Week 5, enjoy some Asian Greens, Cabbage, Japanese Eggplant (Ichiban), and more! Koji Tatsoi is wonderful in stir-fries and salads. It has an excellent, rich flavor, and its shiny dark-green leaves are very attractive. Fun fact - this green was named after Koji Uehara, who helped the Boston Red Sox win the World Series in 2013. Carlton Komatsuna is also known as Japanese spinach greens. It has dark-green, highly flavored leaves and is used in soups and stir-fries.

Japanese eggplants, also known as Ichiban, are long, slender, and oblong. This ink-colored fruit can be straight or slightly crooked and has a dark purple or green stem depending on the variety. Its glossy, smooth skin is thin and purple-black. The cream-colored inner flesh is spongy and nearly seedless. When cooked, Japanese eggplants are mild and sweet with a tender, meaty texture. Japanese eggplants contain vitamin C, potassium, folate, and dietary fiber.

Explore some recipes with Asian-flair on our Pinterest account and have fun creating in the kitchen!

Peace, Love & Veggies ----- Ann & Jen

Weekly Soup or Sauce: **Cabbage Soup**

Ingredients:

Cabbage – Tomato – Celery – Carrots –
Vegetable Stock – Seasoning

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

What else is included in your bag this week?

Cabbage
Koji Tatsoi (Asian Green)
Carlton Komatsuna (Asian Green)
Endive
Japanese Eggplant
Corn
Herb

Recipe Idea: Tatsoi & Komatsuna Sesame

Stir Fry (& don't be afraid to add in some more veggies....)

Ingredients:

- Tatsoi
- Komatsuna
- 1/2 cup ponzu
- 2 tablespoon sesame seeds
- 2 tablespoon sesame oil or olive oil
- 1 teaspoon chili oil

How to Make It:

1. Bring a medium size pot to boil and quickly boil your tatsoi and komatsuna for 1 minute.
2. Once it wilts slightly, take it out and drain the excess water.
3. Place in a bowl and toss in all your ingredients.
4. Serve as an accompaniment to grilled chicken or fish.

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.

heartbeetfarms.com

Link to our  **Pinterest** for recipes