

Week 5



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Fenugreek

Parsley

Shallots

Spicy Mix Salad - mustard greens, red mustard, green mustard, mizen, red mizen

Celery

Curly Kale

Yu Choy

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Quote of the Week

"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman, and a preacher. But every day, three times a day, you need a farmer."
Brenda Schoepp

Weekly Recipe Ideas

Plant-Based Persian Herb Stew

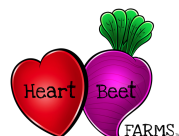
(Ghormeh Sabzi)

Ingredients

- 1/4 cup grapeseed oil (substitute with 1/4 cup veggie broth)
- 1 large yellow onion, chopped
- 4 cloves garlic
- 1 teaspoon ground turmeric
- 10 ounces sliced cremini mushrooms
- 1 1/2 cups spinach, chopped
- 1 cup fresh parsley, chopped
- 1 cup cilantro, chopped
- 1 bunch scallions, chopped
- 2 tablespoons dried fenugreek
- 2 dried limes, soaked in hot water to cover for 15 minutes
- 2 cups veggie stock
- sea salt & ground pepper
- 1/2 lemon, juiced
- Dried Persian limes (limoo amani); soak in hot water 15 min.
- 1 can red kidney beans (can also cook from raw beans)
- white or brown rice (prepared separately)

Directions

1. Add 3 tbsp. grapeseed oil. Add onion & sauté 10 minutes. Add turmeric & garlic; stir for 1 minute. (healthier option-use 1/4 cup veggie stock to sauté)
2. Add beans & stock. Bring to boil; Simmer for 30 minutes.
3. Add spinach, all herbs, & scallions. Stab the dried limes with a knife & add to stew with 1/3 cup of water limes were soaking in. Simmer 20 minutes, adding more lime water if stew gets too thick.
4. Separately heat a few tablespoons grapeseed oil over medium heat in a large skillet (or veggie broth). Add mushrooms & turmeric & sauté 3-5 minutes until tender. Season mushrooms with salt.
6. Add mushrooms to stew. Stir in lemon juice & season with salt & pepper. Turn off heat & let stew rest for 15 minutes.



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Next Week's Soup: Tomato Basil

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