

# Week 13



## 4e Green Farm Winter Vegetable CSA

### Weekly Recipe Ideas

### Vegetarian Ukrainian Borscht (special shout out to Sharon O!)

What's in your bag ?

Black Spinach  
 Curly Kale  
 Yu Choy  
 Dandelion  
 Arugula  
 Carrots  
 Red Beets

#### Ingredients

- 1 large onion peeled and diced into small cubes
- 4 garlic cloves minced
- 2 carrots peeled and diced into small cubes
- 6 cups water
- 2 potatoes peeled and diced into small cubes
- Add any other vegetables that you may want to add
- Bay leaf
- 5 whole allspice
- White vinegar to taste (start with 1/8 cup and add as needed)
- Salt & pepper to taste
- Dill fresh or dry (start with 1 tsp dry dill or half bunch fresh dill)
- Fresh parsley and/or cilantro optional
- Sour cream optional

#### Directions

1. Add a high-heat oil to pot. Add beets & sauté until softened, about 30 minutes, covering after 10 minutes.
2. Uncover, add carrots & sauté for additional 15 minutes.
3. Add onions & garlic, sauté another 10 minutes before adding the potatoes and water.
4. Cover, increase heat, & bring to a boil. Once boiling, add bay leaf & allspice peppercorns, reduce heat to medium & let everything cook together until all veggies are soft, about 20-30 mins.
5. Add chopped herbs.
6. Taste, and season with vinegar, salt, and pepper, as needed.
7. Eat borscht immediately or allow to rest overnight for the flavors to come together. Serve with sour cream and additional herbs.

#### MORE RECIPES FROM OUR BLOG

Herb Lime Dressing with Arugula

Chocolate Chunk Beet Ice Cream

Gluten-Free Chocolate Coconut Cardamom Beet Pudding

Beet & Fingerling Potato Fries

Sautéed Dandelion Greens with Eggs

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 Inspiration*

*"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."*

Albert Einstein

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