



4e Green Farm Winter Vegetable CSA

Week 20

What's in your bag ?

Weekly Recipe Ideas

Chocolate Chunk Beet Ice Cream

Ingredients

- 18 oz cooked beets
- 1 cup thick coconut milk (full fat)
- 1/4 cup agave
- 1 piece ginger (about 0.8 inches long)
- 3 tablespoons chopped dark chocolate

Directions

- 1- Put the cooked beets, the coconut milk, the agave, and the ginger in a food processor and blend until smooth.
- 2- Ice Cream Machine (recommended): Put the beet coconut mixture in your ice cream machine and freeze according to the manufacturer's instructions.
- 3- Stir in the chocolate chunks and place the ice cream in a freezer-safe container and freeze for another 2 hours in your freezer. Thaw for 5-10 minutes and scoop with an ice cream scoop.
- 4- No Machine/No Churn: Put the beet coconut mixture in a freezer-safe container, stir in the chocolate chunks and freeze for about 4 hours, whisking slightly every 20-30 minutes to avoid it getting too icy. Thaw for 5-10 minutes and scoop with an ice cream scoop.

MANY MORE RECIPES FROM OUR BLOG

Sautéed Spinach and Leeks

Pappardelle Pasta with Leeks and Spinach

Vegan Scallion Pancakes

Yu Choy Stir Fry

Stir-Fried Bok Choy with Garlic, Ginger, and Scallions

Sushi Rice Bowl

Borscht

Roasted Squash With Onions, Spinach, Potatoes & Black Spinach

Beet & Fingerling Potato Fries

Gluten-Free Chocolate Coconut Cardamom Beet Pudding

Golden & Red Beets
 Baby Bok Choy
 Black Spinach
 Yu Choy
 Scallions
 Mesclun Salad
 Baby Spinach

For more recipes visit
4egreenfarm.com/blog

**Thank
 You!**

On behalf of 4E Green Farm & HeartBeet Farms, we thank you for supporting your local farms! We hope that you enjoyed 20 weeks of sustainably grown, local veggies!

