

Community Services Unlimited Inc.

PRODUCE BAG NEWS

You may notice some difference in the content list and what you have in your bag; the list includes everything in the small and large bags and there is some difference between the two. We hope you are enjoying your bag, if you have any questions or suggestions to improve the service please let us know. Also, remember, we do have burlap CSU bags that you can purchase to help cut out the disposables. You buy 2 and swap them each time you come to get your bag. It is an initial expense for you, but it cuts out the paper and/or plastic, and if you ever leave the program, you keep the bags, they are beautiful!

Contents

Broccoli, carrots, collard greens, kale, lettuce, cabbage, cauliflower, beet, turnips, rosemary, mandarins, satsumas, radishes, artichokes and potatoes.

Recipe: Spicy Turnips

4-6 turnips, 2 tbs olive oil, 6-7 curry leaves, 1 tsp mustard seeds, ½ onion, ½ tsp sea salt, 2 cloves garlic, 2 inches ginger, 1 hot pepper, 1 tsp each garam masala and turmeric

Wash turnips thoroughly, cut off anything undesirable and thinly peel the skin. Place lengthways onto a chopping board and slice into 4 quarters lengthways, then chop each of these into 4 pieces. Heat olive oil in a sauté pan with a lid, add mustard seeds and when they pop add the curry leaves. When fragrant add the chopped onion and hot pepper. When lightly brown, add the minced garlic and ginger and sauté till all is nice and brown. Add the garam masala, turmeric and stir and add the turnips, sprinkle on the salt and stir well on high heat for a couple of minutes. Cover, turn down heat to low and cook till tender, but not mushy.

Serves 2

Turnips Galore

We are at the height of turnip season, so get ready to keep finding them in your bags. They are rich in vitamin C, and fiber and low in calories. They are delicious raw, chopped or grated into salads or cut into strips and eaten with dips. Soups and stews always benefit from the flavor of turnips, either thinly sliced or cubed. They can also be frozen once cut as desired or pickled!

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