

EST.

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FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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FARMER SPOTLIGHT



VERTICAL ROOTS

Trust Your Farmer. Know Your Food.

On packing days at the SC Farmer's Market, our literal neighbor is **Vertical Roots**, the largest hydroponic container farm in the country! We're super excited to have some of their product in our box this week and we know you'll enjoy it! Keep up with the great stuff they're doing on Instagram and Facebook! @VerticalRoots

How to Store Potatoes

Keep Them Out Of The Sunlight

Keep them in a drawer, in the pantry, in a paper bag—anywhere that's dark. A clear plastic bag, like potatoes are packaged in, are not ideal for storing spuds. They are plants, after all. If they see sunlight, they will do their photosynthesis thing and turn green, and eventually wrinkle and rot.

Make Sure They Still Have Airflow

If you keep them in the plastic bag they came in, make sure it's well-perforated and that the top isn't tightly sealed. Potatoes will be releasing carbon dioxide and water in the form of vapor, so things can get too damp.

Don't Store Them Next To Your Onions

It's tempting to store potatoes and onions together—after all, they both like to be stored basically the same way. However, keeping them together (along with potatoes and avocados, potatoes and bananas, and potatoes and apples) might encourage your potatoes to sprout.

Avoid Warm Spots

Don't store your potatoes next to the oven, under the sink, or on top of the fridge. When warmer than their ideal storage temperature, potatoes will start to sprout

Adapted from food52.com



30-Minute Chicken Sausage & Cabbage Skillet



Ingredients

- 1 teaspoon olive oil
- nonstick cooking spray
- 3 links fully cooked chicken sausage (sliced)
- 2 apples, peeled and grated (use large hole on grater)
- 1 onion, diced
- 6 cups cabbage (1/2 small head), shredded
- 1 Tablespoon honey
- 1/4 white wine or low-sodium chicken broth
- 1 Tablespoon white wine vinegar
- 1 teaspoon salt-free all-purpose seasoning
- 1/2 teaspoon black pepper

Serves 4

Instructions

1. Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.
2. Sauté sausage until beginning to brown. Remove from pan and set aside.
3. Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.
4. Add sausage back to the pan and remaining ingredients. Sauté until liquid reduced.

Adapted from diabetesfoodhub.org

NEXT ORDER DEADLINES



ORDER BY THURSDAY, APR. 28. PICK-UP WEDNESDAY, MAY. 4.
ORDER BY THURSDAY, MAY 12. PICK-UP WEDNESDAY, MAY. 18.

Garlic Mushroom Whole Wheat Pasta

If you like **mushrooms** and **garlic**, this is your kind of meal. Better yet, it's ready in 15 minutes. **What's not to love?**



Ingredients

Serves 4

- 4 servings (whatever the box says) uncooked whole wheat pasta (we used angel hair)
- 5-6 cloves garlic, finely minced
- 1 package (about 2 cups) whole white mushrooms, sliced (or any type of mushroom)
- 1/2 teaspoon red pepper flakes
- olive oil
- Parmesan cheese for topping
- Parsley for topping

Instructions

1. Cook your pasta according to package instructions, I used whole wheat angel hair, you can really use any pasta you like.
2. Meanwhile, heat some olive oil in a pan over medium high heat, add your mushrooms and cook a few minutes until they turn golden brown then push them aside.
3. Add the garlic and red pepper flakes, cook a couple minutes until they start to smell all nice and garlicky.
4. Put your cooked and drained pasta in a bowl, top with your mushroom mixture, sprinkle on some parmesan cheese and parsley and dig in!

Adapted from gravelanddine.com

Sweet Yellow Peppers and Tomatoes with Feta Cheese

Because they are just a more mature stage of green bell peppers, yellow bell peppers are **sweeter** than the green ones. Here's a simple side dish that will go with a variety of meals. If you're not a huge fan of feta, give it another try! If you're still not a fan, you can swap out freshly grated Parmesan.



Ingredients

Serves 6

- 3 tablespoons red wine vinegar
- 1 Tablespoon water
- 1 1/2 teaspoons olive oil
- 3/4 teaspoon dried oregano
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon salt
- 1 garlic clove, minced
- 3/4 cup diced red onion
- 3 tomatoes, roughly diced
- 2 yellow bell peppers, roughly diced
- 1/4 cup (1 ounce) crumbled feta cheese
- Freshly ground black pepper

Instructions

1. Combine first 7 ingredients in a small bowl, stirring well with a whisk to make a vinegar mixture.
2. Combine 1 tablespoon of the vinegar mixture and onion in a large bowl. Toss well.
3. Add tomatoes and bell peppers to large bowl. **Gently** fold them in until well-coated. Drizzle remaining vinegar mixture over vegetables. Top with cheese; sprinkle with pepper.

Adapted from [The Complete Step-by-Step Low Carb Cookbook](#) by Anne Cain

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