

EST.

2015



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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05.04.22

FARMER SPOTLIGHT

The Rawl Family has been growing produce in Lexington County, SC since 1948 and are now one of the largest leafy green growers in the Southeast! We're excited to have Romaine lettuce from Rawl Farms in our box this week. Thank you to this great local farm!



Mexican Street Corn Salad

Ingredients

Serves 6

- 4 cups corn (fresh, frozen or canned)
- 1 Tablespoon olive oil
- 3 Tablespoons reduced fat mayonnaise
- 3 Tablespoon nonfat Greek yogurt
- 1 lime (juice only)
- 1 clove garlic, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- 1/2 cup Cotija cheese
- 1 jalapeno, seeded and diced
- 1/4 cup cilantro, chopped
- Salt and pepper to taste



Instructions

1. Heat olive oil in a skillet over high heat. Add corn and cook for 3-5 minutes, stirring occasionally until it becomes lightly charred and browned on the edges. Remove from heat and set aside.
2. In a large bowl, whisk together mayo, Greek yogurt, lime juice, garlic, chili powder, paprika, salt, and pepper. Stir in corn, cheese, and cilantro. Gently mix until evenly incorporated. Taste and adjust if needed.
3. Cover and refrigerate until chilled. Just before serving, garnish with a sprinkle of smoked paprika.

Adapted from slenderkitchen.com

FOODSHARE FOOD SAVER TIP HOW TO RE-GROW ROMAINE

To stretch your food and flex your gardening muscles this Spring, use what would be food scraps to grow a little more lettuce at your house. It's not a lot, but it's something and it's a **fun project with kids!**

Cut your leaves for salad about 2 inches from the base of the head of romaine.



Prop the cut stem in a drinking glass or jelly jar and add water up to half an inch below the top of your cutting. Place in a sunny but not direct place, a window sill over the sink is great. Too much sun will scorch it, too little will give you bitter leaves.

Change the water every 2-3 days, or if it looks murky. In about twelve days, you should have a new bunch of leaves to clip off. (If you don't get new leaves sprouting by 7 days, it's not going to work this time, try again next time!)



It's unlikely that this will be something you can plant in soil in your garden, since they don't have a root structure, but DO try this with other types of greens, from bok choy to red leaf lettuces.

[from gardenerspath.com/how-to/regrow-lettuce-scraps/](http://fromgardenerspath.com/how-to/regrow-lettuce-scraps/)

FOR MORE TIPS AND HELPFUL HINTS CHECK OUT:



<https://bit.ly/3kkada6>



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**NEXT ORDER
DEADLINES**



ORDER BY THURSDAY, MAY 12. PICK-UP WEDNESDAY, MAY. 18.
ORDER BY THURSDAY, MAY 26. PICK-UP WEDNESDAY, JUN. 1.

Mason Jar Salads



Meal Prep for the week with this simple formula & layering technique. Salads in tightly-sealed mason jars will stay fresh in the fridge for 4-5 days. Switch up your flavors by using leftovers and a different sauce to make new combinations: buffalo chicken salad with blue cheese dressing, caprese salad with tomatoes, mozzarella and noodles with greens. No Sad Desk Lunches here!

Use quart sized mason jars for filling lunches.

- 1. Dressing First:** Adding the moist layers on the bottom will keep the wet ingredients from getting your greens soggy.
- 2. Chunky Ingredients:** Next, pop in things like grains and meats. Ingredients that soak up the dressing are ideal for this layer. They'll also help keep the dressing at the bottom since they're denser.
- 3. Sweet and Savory Fixings:** All of those delightful toppings that make salads more than just a salad go in next. That means cheeses, nuts, dried fruit, scallions, and bacon bits. The meat and grain layer will prevent these ingredients from getting wet and, since these are usually dry, they won't get the lettuce soggy either.
- 4. Greens Last:** Any kind of lettuce or greens go in last. Putting them at the top will keep them fresh and crisp.

THIS WEEK: Greek Salad from Your Box

Vinaigrette: Store-bought balsamic OR 2 parts balsamic vinegar, 3 parts olive oil, 1 smidge of Dijon mustard, salt & pepper

Chunky Ingredients: leftover grilled chicken, white beans and/or grain of your choice - brown rice or cooked pasta

Savory Vegetables: celery, bite-sized squash pieces,

Roma tomatoes, black olives, feta cheese

Greens: Romaine lettuce, rinsed and dried, torn into bite-sized pieces.

Seal tightly with the lid. When you're ready to eat, flip the salad into a bowl. Since you stacked the lettuce last, it'll fall to the bottom and all the other ingredients will land on top, just as it would normally be when you serve a salad!

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FOOD SHARE KITCHEN TIP

DOES THIS GO IN THE FRIDGE? DOES IT STAY ON THE COUNTER?

When storing fresh produce, you have to consider **temperature**, **ethylene**, and **airflow**. A lot of produce keeps well in the fridge, while some like potatoes, onions, and garlic are best left at cool room temperatures. And then there's ethylene gas which fruit such as apples and bananas naturally release. It hastens the ripening (and eventual decay) of certain produce like cabbage, leafy greens, lettuce, and broccoli which are gas-sensitive. Whether you refrigerate or not, you should keep gas-sensitive produce separate from the gas-emitting ones. **Happy eating!**

Storage Tips

Food item	Conditions	Container	Shelf life	Avoid
Apples	Refrigerator	Plastic bag	2 weeks +	Cabbage, leafy greens, carrots
Pears	Cool and humid then Refrigerator	Loose then plastic bag in fridge	Up to 2 weeks	Cabbage, leafy greens, carrots
Grapefruit Oranges	Refrigerator	Loose or open container	Room temp.: 1-2 weeks Fridge: 2 weeks +	n/a
Lemons Limes	Cool and humid then Refrigerator	Loose or open container	Room temp.: 1-2 weeks Fridge: 2 weeks +	Plastic bags, apples, pears, bananas
Mangoes	Cool and humid then Refrigerator	Loose or open container	A few days - 2 weeks	Apples, pears
Winter squash	Cool and dry	Loose or open container	3-6 months	Bananas
Ginger	Refrigerator	Sealed container	3 weeks +	n/a
Parsnips Beets Radishes Rutabaga Turnips	Refrigerator	Sealed container, remove green tops	3 weeks +	n/a
Carrots	Refrigerator	Sealed container, remove green tops	2-3 weeks	Apples, pears
Onions Garlic	Cool and dry	Loose or open container	2 weeks +	Refrigerator, plastic bags
Potatoes Sweet potatoes	Cool and humid & Dark	Loose or open container	Potatoes: 3 weeks + Sweet potatoes: 1-2 weeks	Refrigerator, plastic bags
Head lettuces	Refrigerator	Sealed container, unwashed	Up to 1 week	Apples, pears, moisture
Escarole Kale Watercress Curly endive	Refrigerator	Sealed container, unwashed	Up to 2 weeks	Apples, pears
Cabbage	Refrigerator	Loose, then sealed when cut	Up to 3 weeks	Apples, pears
Broccoli Cauliflower	Refrigerator	Sealed container	Up to 2 weeks	Apples, pears

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SCAN

