

May 22, 2019

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FOODSHARE

it's more than just a box of food.

Welcome Tyger River Smart Farm!



What? Growing lettuce without putting it in the dirt? Yes! That's exactly what **Tyger River Smart Farm** in Greer, SC is doing and this week we are thrilled to offer delicious and fresh lettuce from their local hydroponic farm!

Hydroponic Farming is a growing method where the roots are grown in nutrient water inside a greenhouse rather than in soil. No dirt comes into contact with the plants and, as long as the roots are kept wet (don't drown them), the plants will stay just-picked-fresh for several weeks in the refrigerator...or on your kitchen counter.

The entire operation is in an enclosed environment during planting, growing, harvesting, and packaging, eliminating outdoor influences such as wildlife or adverse weather.

Again, we're thrilled to welcome Tyger River Smart Farm to this week's Fresh Food Box! For more info about these nice folks, visit their website at www.tygeriversmartfarms1.com.

Mark your calendars for the next Fresh Food Box pick-up! (Orders due by 3PM Fri. before Wed. pick-up.)

| MAY 2019 | | | | | | |
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Yellow Squash Fritters



Ingredients

- 1 pound yellow squash, unpeeled
- 1/2 medium onion (4 ounces)
- 1 large egg
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons olive oil

Instructions

- Shred the squash in your food processor using the shredding attachment. You can also use a box grater. Place on clean towels and allow to drain for 10 minutes.
- Finely chop the onion. Place in a colander to drain for 10 minutes.
- Heat a large nonstick skillet over medium heat, about 5 minutes.
- In a medium bowl, whisk the egg with the salt, black pepper and garlic powder. Add the grated squash and the onion and mix to blend.
- Pour half the olive oil into the skillet. Measuring 1/4 cup per fritter, spoon the mixture onto the skillet. Sear without moving, 4-5 minutes, until you can see that the bottoms are browned.
- Carefully flip to the other side and sear 4-5 more minutes, until browned on both sides. coat the skillet with more olive oil and repeat with the remaining squash mixture.
- If you have leftovers, you can keep them in an airtight container in the fridge for 3-4 days. You can reheat them in the microwave on 50% power, or in a 250F oven. They are also good cold, straight out of the fridge!

Adapted from healthyrecipesblogs.com

Tomato Salsa & Cucumber "Chips"



Ingredients

- 1 1/4 lb. tomatoes
- 1/2 c. sweet onion
- 1/2 c. finely chopped cilantro
- 1 small jalapeño
- 2 tbsp. fresh lime juice
- Salt and freshly ground pepper
- 1 large cucumber (sliced)

Instructions

- In a bowl, toss the tomatoes with the onion, cilantro, jalapeño, and lime juice and season with salt and pepper. Serve the salsa with the sliced cucumber "chips" for dipping

Adapted from foodandwine.com

How to Store Cilantro

Have you ever had trouble keeping fresh herbs fresh? This super easy trick keeps fresh herbs useable for a couple of weeks. You can use this method to store cilantro, parsley and other leafy herbs!

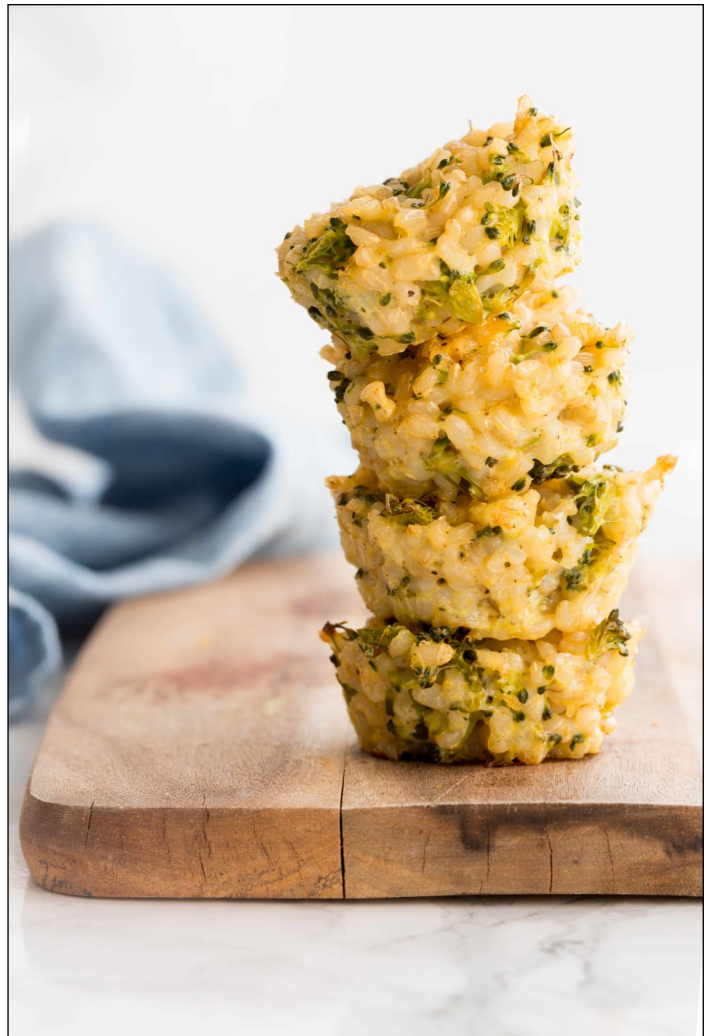


Snip off the bottom of the stems. Make sure the leaves are completely dry. Do not rinse them until you're about to use them. Fill a jar or a water glass partially with water and place the stem ends of the herbs into the water. If you are storing the herbs in the refrigerator, cover loosely with a plastic bag. Cilantro loves the cool and should be stored in the refrigerator. Parsley can be stored at room temperature or in the refrigerator. Basil is ideally stored at room temperature because it will damage from the cold. Change the water every few days if the water starts to discolor. Herbs can last up to 2 weeks or longer when stored this way.

Adapted from simplyrecipes.com

Broccoli & Cheddar Brown Rice Muffins

These easy Broccoli and Cheddar Brown Rice Muffins are a great way to use up extra broccoli or brown rice in your fridge, while making a healthy snack or meal for your family, packed with veggies, whole grains, and protein. Very "kid friendly," too!



Ingredients

- 1/3 cup finely chopped broccoli florets
- 1 1/4 cup cooked brown rice
- 1 large egg
- 1/4 teaspoon garlic powder
- 1/4 - 1/3 cup shredded cheddar cheese
- Freshly ground pepper (to taste)

Instructions

- Preheat the oven to 350 degrees.
- Spray a muffin tin with non-stick spray. You may also use muffin tin liners for easier clean-up.
- In a medium bowl, stir all of the ingredients together.
- Pack into the muffin tins and bake for 20-25 minutes or until firm and bound together.
- Let cool for 5 minutes before removing from muffin tin.
- To reheat these, pop them back into the oven and let warm up before serving or reheat in microwave for 20 seconds.

Adapted from inspiralized.com