Cantaloupe Salsa



Ingredients

- 2 cups Cantaloupe (diced)
- 1/4 cup Red onion (diced)
- 1/4 cup Fresh cilantro (minced)
- 1 medium Jalapeño (minced)
- 2 tablespoons Lime juice
- Kosher salt (to taste)

Instructions

 Combine all ingredients in a small bowl and toss to combine. Season with salt to taste.

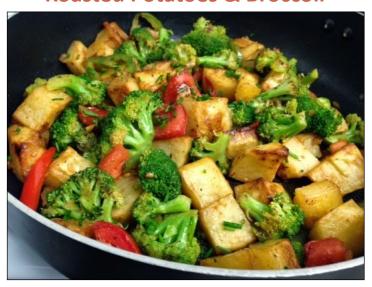
Adapted from wickedspatula.com

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

JULY 2019									
Su	Мо	Tu	We	Th	Fr	Sa			
	1	2	3	4	5	6			
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	31						

AUGUST 2019									
Su	Мо	Tu	We	Th	Fr	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

Roasted Potatoes & Broccoli



Ingredients

- 2 cups washed and cubed potatoes
- 1 small head broccoli
- 1-1/2 cups cubed tomatoes
- 1/2 medium red pepper
- 1/2 medium onion chopped
- 4 cloves garlic minced
- 2 Tablespoons sliced fresh chives
- 2 sprigs fresh rosemary (or 1/2 teaspoon dried)
- 1 teaspoon curry powder
- olive oil
- · salt and freshly ground pepper

Instructions

- Preheat oven to 350 degrees.
- Season potatoes with salt, pepper, curry powder and mix with half the garlic. Drizzle with olive oil and place in a shallow roasting pan topped with the rosemary. Potatoes should cook for about 40 minutes.
- Set aside roasted potatoes and heat a large skillet with olive oil.
- Cook onions for 2 minutes till translucent then add remaining garlic, broccoli and peppers. Cook veggies for about 5 minutes till broccoli is soft and slightly crunchy.
- Add tomatoes, potatoes and cook for 1 minute. Season with salt and pepper.
- Top with fresh chives and serve immediately.

Adapted from spoonsandstilettos.com

Cucumber Yogurt Dill Salad

If you like Greek tzatziki sauce, you are really going to love the flavors in this Cucumber Yogurt Dill Salad! It's really simple to make by tossing cucumbers with yogurt, salt, pepper and a bit of herbs.



Ingredients

- 4 large cucumbers halved and cut into thick slices
- 1/4 red onion finely sliced (optional)
- 1/4 cup dill leaves

Dressing

- 3/4 cup Greek yogurt
- 2 Tablespoons extra virgin olive oil
- 1 small garlic clove minced
- 1 Tablespoon lemon juice fresh
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Instructions

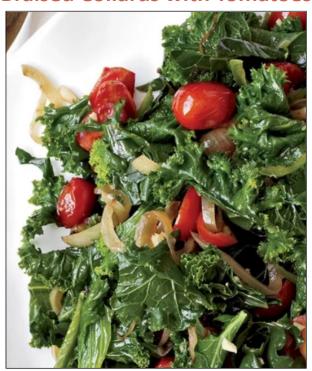
- Mix the dressing ingredients in a bowl and set aside for at least 20 minutes to allow the flavors to develop.
- Place cucumbers, onion, and dill in a bowl. Pour over dressing, toss well. Serve, garnished with extra dill and more cracked pepper if desired.

Notes

- After mixing, leaving the flavors to develop for 20 minutes or so really makes a difference. It all comes together as the garlic flavor softens and melds into the yogurt.
- This is the sort of salad to serve alongside strongly flavored or heavily spiced food. The yogurt and cucumber pairing is soothing and cool, so it will bring a freshness to the meal.

Adapted from realhousemoms.com

Braised Collards with Tomatoes



Ingredients

- 1/2 cup extra-virgin olive oil
- 1 large onion, thinly sliced
- 4 garlic cloves, minced
- 1 large jalapeño, seeded and sliced
- 2 pounds collards, inner ribs removed, leaves coarsely chopped
- Salt and freshly ground pepper
- 1 pint grape tomatoes, halved
- 3/4 cup water
- 2 tablespoons white wine vinegar

Instructions

- In a large pot, heat the olive oil.
- Add the onion, garlic and jalapeño and cook over moderate heat until softened, about 6 minutes.
- Add the greens, season with salt and pepper and toss to wilt.
- Stir in the tomatoes, water and vinegar, cover and cook over low heat, stirring occasionally, until the greens are tender and the tomatoes are soft, 10 to 15 minutes.
- Transfer to a bowl and serve.

Adapted from foodandwine.com

Did you know?

The Greeks and Romans grew collards in their gardens over 2000 years ago. Wha? Yep. And we thought us Southerners were the first to cultivate them.

The word "collard" is derived from the word "colewort" which literally means cabbage plant.

Did you know you can freeze collards? Wash thoroughly and cut off stems. Water blanch collards 3 minutes. Cool, drain and package, leaving 1/2-inch headspace. Seal and freeze.