

August 28, 2019

EST.



2015

FOODSHARE

it's more than just a box of food.

The Farmer Feeds Us All

With every **FoodShare Fresh Food Box Food**, we strive to provide a variety of fruits and vegetables that will allow you to have quick snacks, as well as produce that you can add to your lunches and dinners.



We seek to use local and regional farmers as often as we can. Supporting our local farming system is im-

portant and this week we are thrilled to include okra from **Cotton Hill Farms** in Chester, SC. Cotton Hills Farm has operated continuously since 1882 when the original 100 acre Homeplace was given to Theodosia Abell Wilson as a wedding present. Cotton, small grains, and corn were some of the farm's original staple crops. The main farm is located in Lowrys, South Carolina with additional farms in Chester and Richburg. In addition to cotton and grain, they



grow a wide variety of flowers, fresh fruits and vegetables with produce sold direct from the farm wholesale and at their three retail locations. Thank you to Cotton Hill Farms and all our South Carolina Farmers for making our lives better!

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

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

Easy Baked Okra



Ingredients

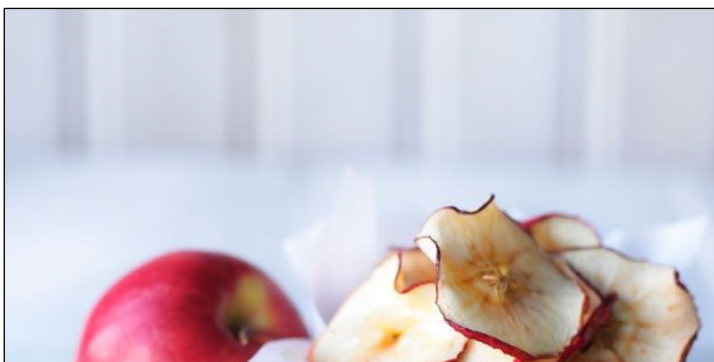
- 1 pound fresh okra
- 2 tablespoons olive oil
- 1 teaspoon paprika
- salt to taste
- a pinch of cayenne pepper (optional)

Instructions

- Preheat the oven to 450 degrees.
- Rinse the okra, and dry with a paper towel.
- Trim away the stem ends, and then cut it into 1/2 to 3/4-inch pieces. Spread the okra on a sheet pan in a single layer. Drizzle with olive oil, paprika, salt, and a pinch of cayenne pepper. Stir.
- Bake the okra for about 15 minutes. The okra should be lightly browned and tender, with a nice seared aroma. Serve immediately.

Adapted from cooktoria.com

Honey Dried Apple Crisps



Ingredients

- 2 Pink Lady apples, unpeeled
- 1 Tablespoon honey

Instructions

- Preheat oven to 400 degree.
- Using a sharp knife, thinly slice apples into rounds. Arrange on wire rack placed over baking tray. Brush one side with half the honey.
- Bake apples for 15 minutes, turn over and brush other side with remaining honey. Bake for another 10–15 minutes or until light golden and crisp.
- Lay out apples on sheet of baking paper and leave to cool!

Adapted from redonline.co.uk

Roasted Dijon Vinaigrette Carrots

Ingredients

- 1 pound baby carrots
- 1/4 cup plus 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1-2 tablespoons fresh chopped parsley



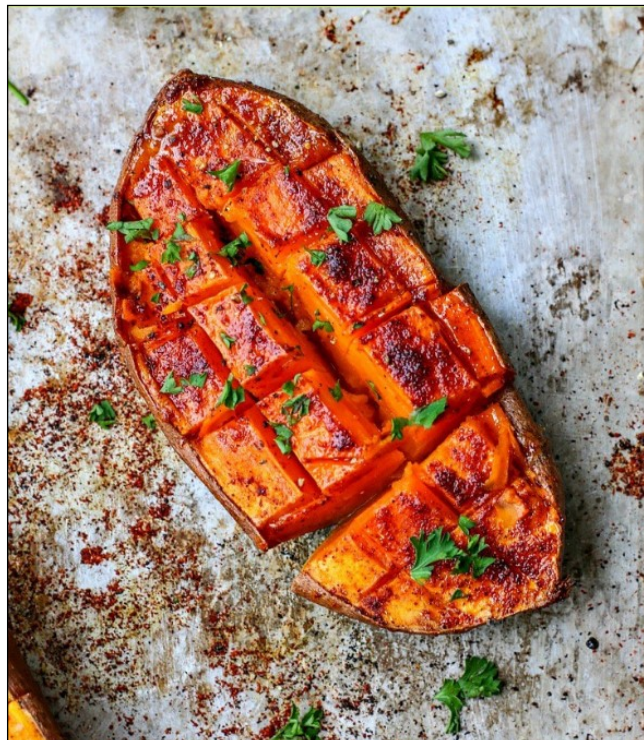
Instructions

- Preheat oven to 475 degrees. Spread the carrots on a large baking sheet and toss with 2 tablespoons of the olive oil, plus the salt and pepper.
- Bake, stirring once or twice, until the carrots are tender and brown along the edges, about 15 minutes.
- In a small bowl, add the vinegar, mustard, garlic, thyme, rosemary, and the remaining 1/4 cup olive oil and whisk until well combined.
- Transfer the cooked carrots to a dish or platter, then drizzle with the whisked vinaigrette mixture. Serve warm, or at room temperature!

Adapted from letsdishrecipes.com

Chili & Honey Roasted Sweet Potatoes with Lime Juice

Perfect for breakfast, lunch or dinner, sweet potatoes pack a powerful nutritional punch. In one medium spud, there is over 400 percent of your daily vitamin A requirement. Sweet potatoes also contain high amounts of fiber and potassium. They have more grams of natural sugars than regular potato but more overall nutrients with fewer calories..



Ingredients

- 1 sweet potato cut half lengthwise
- 2 teaspoon olive oil
- 1 Tablespoon honey
- 1/2 teaspoon of chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne (optional)
- Kosher salt and cracked black pepper
- Fresh parsley
- 1 lime halved

Instructions

- Preheat oven to 400 degrees F.
- Brush each sweet potato half with olive oil, skin included.
- Season the entire sweet potato with kosher salt and cracked black pepper.
- Score the top halves (interior flesh) with a knife.
- Season each top half with chili powder, paprika and cayenne, if using.
- Bake for 20 minutes.
- Remove from oven and smear top halves with honey.
- Return to oven and bake for another 10 minutes.
- Once the sweet potatoes are tender, remove from oven.
- Squeeze fresh lime juice over both halves upon serving, and add parsley.

Adapted from killingthyme.net