



WEEK NINETEEN

CHAI

Most of us have a favorite hot beverage we rely upon for making it through a cold, rainy day, or for just waking up in the morning. A warm soothing drink is an invitation to sit down, relax, and soften the pace of life while you slowly enjoy the beverage. Coffee and tea are the most common. There are numerous variations to these beverages that make them unique to regions and cultures across the globe. One of the variations to Tea is called Chai. It is tea boiled up with sugar, spices, and milk, creating a complex flavor and a deep social bond throughout an entire country.

Chai is the most popular beverage in India, found at every corner of every town. Different parts of the country have their own special brew. It isn't just a drink to wake up to, it is a must-have drink in every household in hot and cold weather alike. Chai was brewed in my household at least three times a day, and usually, more every time a guest visited or a neighbor stopped by. Offering chai is a sign of respect, and refusing chai can be disrespectful, even if it's your 10th cup of the day. Feeling tired? - have Chai. Have a headache? - have chai with ginger in it. Have a stomach ache? - have chai with fennel and carom in it. Every occasion big or small- chai is the key. Making chai is no joke and certainly a lot more work than pressing a 'start' button. The way my mom makes it requires one to stand by the stove while spices are cooked slowly in hot water, and tea is brewed perfectly before adding milk and boiling the mix to serve immediately. This can take up to 15 minutes, or longer for cleaning up if the mix boils over. But the end result is sheer perfection. I am including my family's recipe for Chai here. This one is dedicated to our dear friends Oscar and Melissa, who love homemade chai and have been asking for this recipe for the last 4 months. Hope you all enjoy it!

Until next week, Stay Safe & Stay Healthy

WHAT'S IN THE BOX

- *Canadice Grapes
- *Russian Kale
- *Yellow Onion
- *Red Bell Pepper
- *Radish
- *Shallots
- *Sunshine Squash
- *Grape Mix Tomato

RECIPE

Ginger Chai

Recipe for 2 cups of Chai

- 2 1/2 cups water
- Sugar to taste
- 2 cardamom pod—crushed
- 1 tsp grated ginger
- 1 tbsp black tea (or 2 black tea bags)
- 1 cup whole milk

Heat water on medium high. Add sugar and crushed cardamom pod (and cinnamon stick if desired). Bring the mix to boil. Add black tea



and continue boiling for about 2-3 minutes until the mix darkens. Add ginger (if desired). At this point add cold milk. Reduce the heat to medium and continue heating the mix. Wait until the mix boils. Filter and serve it hot.

You can add other spices if you like, such as crushed cloves, fennel seeds, carom etc. There are pre-mix chai masala available to purchase if you don't want to collect all these spices. I buy tea at Indian grocery stores. In case I run out, I get black Lipton tea bags and they do the job just fine.

ABOUT CSA CREDIT

If you have CSA Credit and would like to use it this season, here are the options and prices.

Please send an email to riverlandfamilyfarms@gmail.com by Saturday 9 pm to place an order to be picked up with your produce box on Tuesday/ Wednesday. All produce subject to availability.

Produce Item	Quantity	Credit Equiv-
Red Potatoes	10 lbs	\$20
Sunshine Squash	14 lbs	\$20
Delicata Squash	14 lbs	\$20
Sweet Potatoes	7 lbs	\$20
Fresh Ginger	1.25 lbs	\$20
Fresh Turmeric	1.25 lbs	\$20
Strawberry	Half Flat	\$20
Strawberry	Full Flat	\$35
Extra Harvest Box upon	1 box	1 credit