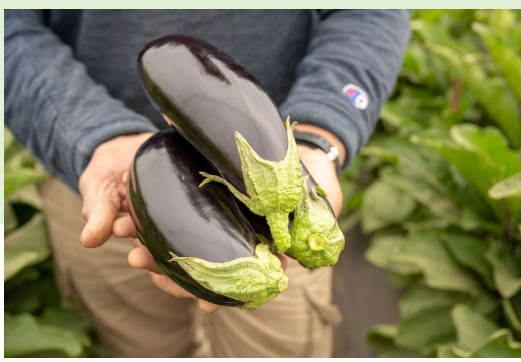


NEWSLETTER

2024 CSA

WEEK 3



Eggplant

Welcome to week3 harvest box. New in your harvest box this week is Eggplant along with garlic, bell peppers, tomatoes, and cherries. Eggplant is very common in Indian households. Each region in India has multiple variations of recipes with eggplant. You can find it in curries, grilled and stuffed with tomato onion paste, deep fried, and the list goes on.

I am including a recipe for one of my personal favorites, Baingan Bharta. Tomatoes add a bit of tanginess to this recipe. You can remove tomatoes and it will still taste great. My mom's way of cooking is to chop grilled eggplant, cook longer in steam, let it get soft, and then mash it. Either way, it is a relatively simple Indian dish yet very flavorful. I hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

Grilled Eggplant Mash (Baingan Bharta)

Ingredients (serves 2)

1 large Eggplant	1/2 inch ginger, grated
2 medium garlic cloves	1/2 teaspoon turmeric powder
Green chilli peppers to taste	1/2 teaspoon cumin seeds
1 1/2 teaspoon olive oil	Salt to taste
1 medium onion chopped	2 coriander leaves
1 large tomato - chopped	Chopped cilantro for garnish

1. Make 4 slits in the eggplant and brush with oil. Grill eggplant in the oven, in air fryer, or on direct fire. Grill until the skin is burnt and the inside is soft. This can take 25-30 minutes in the oven and the time varies if grilled directly on the fire.
2. Cool the eggplant and peel off the skin. Mash or chop the eggplant. Set aside.
3. Heat oil on medium heat in a pot. Add cumin seeds and cook until aromatic, 1 min. Add chopped garlic and ginger. Sauté for 30 to 60 seconds until aromatic.
4. Add chopped onions and sauté until they turn golden brown.
5. Add tomatoes and salt. Cook until they become soft. Then add turmeric and cook for a few minutes. Add coriander leaves (if using).
6. Add eggplant mash and mix. Cover and cook for additional 2 minutes.
7. Add more salt and green chili to taste. Garnish with chopped cilantro and serve with Naan or rice, or serve it as a side with pita chips.

in the box

Garlic	2 each
Green Bell Pepper	2 each
Eggplant	1 each
Modoc Potatoes	1.5lb
Salad Mix	1/2 lb bag
Grape Mix Tomatoes	pint
Turnips	bunch
Cherries	pint

