



2023 CSA NEWSLETTER WEEK 2

At the farm

Welcome to week2. I hope you enjoyed your first very green box of this season. At the farm, tomatoes and berries are doing well and you will see more of those in your upcoming boxes. Bell peppers, radish, and carrots are coming soon.

This week I am sharing an Indian recipe that uses potatoes and spinach along with chickpeas and other delicious veggies. You can substitute carrots and peas with other similar vegetables you might like. You can find curry powder at most local grocery stores (or Amazon). Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby

In the box

Celery	bunch
Persian Cucumbers	2 or 3
Lacinato Kale	bunch
Romaine Lettuce	head
Romano Beans	1 lbs
Spinach	½ lb bag
Red Gold Potatoes	1 lb
Scallions	bunch
Tayberry	half pint

Potato and spinach curry

Ingredients (serves 4)

1 tbsp vegetable oil	1 cup cooked chickpeas	1 cup water
1 medium onion, chopped	3 medium potatoes, cut into small cubes	1 cup canned full-fat coconut milk
2 cloves garlic, minced	1 cup frozen green peas	2 cup fresh spinach
3 tbsp curry power	1 carrot, diced	1 cup canned crushed tomatoes

Cilantro for garnish



Source: Webpickuplimes.com

Add oil and onions to a large pot over high heat. Cook for 3-4 minutes. Then add garlic and cook for another minute. Then add curry powder and stir continuously for 30 -60 seconds.

Add potatoes, carrots, chickpeas, tomatoes, and water. Bring to a boil.

Reduce the heat to a simmer, cover, and cook for 20-25 minutes, or until the potatoes are fully cooked through. Stir periodically.

When the potatoes are cooked, add the coconut milk, spinach, and peas. Cook until heated through.

Garnish with cilantro. Add salt and pepper to taste. Serve hot with cooked rice or naan.