

NEWSLETTER

2024 CSA

WEEK 7



Rainbow Carrots

Welcome to week 7. This week's box features lots of colors with rainbow carrots, red bell peppers, plums, and greens. Carrots are such a versatile vegetable, used in many cuisines worldwide. Most common carrots we see today are orange even though orange varieties are the most recent invention. Before 17th century, purple, white, and yellow carrots were the norm. It is believed that at one time carrots were only grown for their leaves and not the roots.

I am sharing a recipe with carrots and zucchini from the box. This recipe uses several spices and the end result is delicious. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

Carrot Zucchini Chickpea Pancakes with Turkish Spices

Ingredients	1 green chili (or cayenne to taste)
1 small zucchini, shredded	1.5 cups cooked chickpea, or 15oz can drained
½ cup heaping chopped carrots	½ tsp cumin seeds
3 cloves garlic	½ tsp coriander seeds
½ inch ginger	½ tsp black pepper
½ tsp salt, or to taste	1 tbsp flax seeds meal or chia seeds
¼ cup oat or chickpea flour	2 tbsp breadcrumbs
Oil as needed	½ tsp cinnamon & ½ tsp ground cardamom - optional

1. Grate/ shred the zucchini. Lightly press zucchini in a paper towel if there is too much moisture. Add to a bowl.
2. Add carrots, ginger, garlic, chili to a food processor and chop until the mix is shredded. Add this to the bowl with zucchini. You can also grate carrots, ginger, garlic, and chili for this step.
3. Add the chickpeas to the food processor and blend to make a coarse paste. You can also mash the chickpea to get paste like consistency. Add chickpea paste to the bowl of shredded carrots and zucchini.
4. Make Turkish spice blend: crush the cumin, coriander, and black pepper using a mortar pestle. Heat ½ tsp oil in small skillet. When hot, add the crushed spices and cook until fragrant. You can also add cinnamon and cardamom to make the mix more fragrant.
5. Add the spices to the veggie – chickpea bowl. Add salt, flour, and flax seeds. Mix well. Add breadcrumbs and mix.
6. Heat oil in a skillet over medium heat. Make small flat patties with the mix and heat on the skillet. It can take 5 to 6 minute per side to fully cook. You can also bake these patties at 400F for 20 to 25 minutes.
7. Serve hot with a side of tzatziki or chutneys.

in the box

Broccolini	bunch
Basil - Italian	bunch
Rainbow Carrots	bunch
Celery	bunch
Lettuce - Romaine	head
Zucchini	5 each
Potatoes - Modoc	1.5 lbs
Plums	pint
Red/ Orange Bell Pepper	2 each



Source: veganricha.com