



2023 CSA NEWSLETTER WEEK 3

At the farm

Welcome to week3. This week's box features lots of colors with carrots, bell peppers, radish and more. Radish is a bold and crunchy addition to salads and sandwiches. Cooked radish can have very mild flavor. So if you prefer bolder flavors, try adding different seasonings like onion powder or dried thyme or sprinkle them with Parmesan cheese prior to roasting.

Stir fry is always a wonderful option when you have lots of vegetables. I am sharing a chicken stir fry recipe that uses bell pepper and radish. You can add peas, carrots, broccoli, or any other vegetables in this dish, make it with or without chicken, and it tastes great every time. Hope you enjoy this as much as my family does.

Thank you for supporting your local organic farm!
-Ruby

In the box

Carrots	bunch
Rainbow Chard	bunch
Butterhead Lettuce	head
Parsley	bunch
Green Bell Pepper	each
Red Round Radish	bunch
Snap peas	pint
Red Onion	2 each
Cherry	pint

Chicken stir fry with pepper and radish

Ingredients (serves 4)

2 boneless, skinless chicken breasts, sliced into thin strips	1 tablespoon ginger, grated	2 tablespoon vegetable oil
1 bell peppers, thinly sliced	2 tablespoon soy sauce	Salt and pepper to taste
1 cup radish, thinly sliced	1 tablespoon oyster sauce	Cooked rice or noodle for serving
3 cloves garlic, minced	1 teaspoon sesame oil	Chopped green onion for garnish (optional)



Source: Web eatwell101.com

In a small bowl, whisk together the soy sauce, oyster sauce, and sesame oil. Set aside. Heat one tablespoon of vegetable oil in a large skillet or wok over medium high heat. Add the chicken strips and stir-fry until they are cooked through and lightly browned. Remove the chicken from the skillet and set aside. In the same skillet, add the remaining tablespoon of vegetable oil. Add the minced garlic and grated ginger, and stir-fry for about 1 minute until fragrant. Add the sliced bell peppers and radishes to the skillet. Stir-fry for 3-4 minutes until the vegetables are slightly tender but still crisp. Return the cooked chicken to the skillet and pour in the prepared sauce. Stir-fry everything together for another 2-3 minutes, ensuring the chicken and vegetables are coated in sauce. Season with salt and pepper to taste. Once the chicken and vegetables are cooked, remove the skillet from heat. Serve over cooked rice or noodles. Garnish with chopped green onions if desired.