



2023 CSA

# NEWSLETTER

WEEK 6

## At the farm

Welcome to week6. New this week is Thai Basil, an herb that is widely used in Thai cuisine and is known for its distinctive flavor and aroma. Thai and Italian basil both have noticeable difference in appearance, flavor, and culinary use. Thai Basil has a unique combination of sweet, spicy, and slightly anise-like flavors, while Italian basil is known for its sweet and mild flavor with hints of peppery notes.

I am including a recipe that uses vegetables out of this week's box along with Thai Basil. You can add other vegetables like broccoli, eggplant etc, tofu, or another protein to this recipe. Enjoy the aromatic and flavorful Thai Basil Vegetable Curry with potatoes, tomatoes, and zucchini.

Thank you for supporting your local organic farm!

-Ruby,

## In the box

Thai Basil	bunch
Red Leaf Lettuce	Head
Red Gold Potatoes	1.5 lbs
Broccolini	bunch
Rainbow Chard	Bunch
Sweet Slicing Cucumbers	2 each
Zucchini	3 or 4
Sungold Tomatoes	Pint
Red Raspberry	½ pint

## Thai Basil Vegetable Curry

Ingredients		
	1 can coconut milk	1 tablespoon soy sauce
2 tablespoons vegetable oil	2 medium potatoes, peeled and diced	1 tablespoon fish sauce (optional)
1 onion, sliced	1 zucchini, sliced	1 tablespoon brown sugar
3 cloves garlic, minced	2 tomatoes, diced	Salt to taste
1 tablespoon Thai red curry paste	1 cup Thai basil leaves, loosely packed	



Heat the vegetable oil in a large pan or wok over medium heat. Add the sliced onion and minced garlic to the pan and sauté for about 2 minutes until the onion becomes translucent.

Add the Thai red curry paste to the pan and stir fry for another minute to release its flavors. Add the diced potatoes and cook for about 8-10 minutes until they are almost tender. Stir in the sliced zucchini and diced tomatoes. Cook for another 5 minutes until the vegetables are cooked through but still retain some crispness. Add the Thai basil leaves, soy sauce, fish sauce (if using), brown sugar, and salt to taste. Stir well to incorporate all the flavors.

Simmer the curry for an additional 2-3 minutes until the basil leaves wilt slightly. Taste and adjust the seasoning if needed.

Remove from heat and serve the Thai Basil Vegetable curry hot with steamed rice or noodles.