



2023 CSA

NEWSLETTER

WEEK 7

At the farm

Week 7 box is here! New this week- beets. Their vibrant color and sweet-earthy flavor sets them apart from other vegetables. Beets are versatile and can be used in both sweet and savory dishes. They can be enjoyed raw in salads, juiced, or incorporated into soups, stews, and even dessert like beetroot chocolate cake.

I am sharing a recipe that combines earthiness of beets and lentils with the freshness of celery, onion, and parsley. It's a nutritious and filling dish that can be enjoyed on its own or paired with crusty bread or a side of greens. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby,

In the box

Curly Green Kale	bunch
White Spring Onion	Each
Sweet Slicing Cucumber	2 each
Celery	bunch
Parsley	Bunch
Roma Tomatoes	4 or 5
Beets	Bunch
Red Round Radish	Bunch
Strawberry	pint

Beet & Lentil Salad with Sauteed Vegetables

Ingredients	2-3 stalks of celery, diced	1 teaspoon ground cumin
2-3 medium sized beets	¼ cup fresh parsley leaves, chopped	Salt & Pepper to taste
1 cup dried green lentils	3 tablespoons olive oil	Juice of 1 lemon
1 small white onion, diced	2 cloves garlic, minced	



Start by preparing the beets. Peel them and cut them into small cubes.

Rinse the lentils thoroughly and cook them according to the package instructions until tender. Drain and set aside.

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the diced onion and celery and sauté until they become tender, about 5-7 minutes. Add the minced garlic, ground cumin, salt, and pepper to the skillet. Sauté for an additional 1-2 minutes, until the spices become fragrant. Remove the skillet from heat and stir in the cooked lentils, chopped parsley, and lemon juice. Set aside.

In a separate skillet, heat another tablespoon of olive oil over medium heat. Add the beet cubes and sauté them for about 8-10 minutes until they become tender. Season with salt and pepper to taste.

Once the beets are cooked, transfer them to the lentil mixture and gently combine all the ingredients. Drizzle the remaining tablespoon of olive oil over the salad and toss gently to coat everything.

Serve the beet and lentil salad with sauteed vegetables. You can enjoy it warm or at room temperatures.