



2023 CSA NEWSLETTER WEEK 18

Fall Storage Produce

Week 18 is here and this week's box has a special surprise from my mom's kitchen.

Tadka, a form of tempering to bring out flavors, is very common in Indian dishes. All of Punjabi (North Indian) curries my mom cooks have Tadka in them. I am including of recipe of Tadka that my mom uses. You can add Tadka to cooked lentil, meats, or vegetables to prepare an Indian dish. More on Tadka in [2020 CSA Newsletter, Week 17](#). Also included is a spice packet you can use to make Tadka. Hope you enjoy it!

Ruby

CSA Member Prices Only		
Produce Item	Quantity	Credit Equivalent
An extra harvest box	1 box	1 credit
Delicata Squash	14lbs	1 credit/ \$20
Red Onion	12lbs	1 credit/ \$20
Red or Yellow Potatoes	12lbs	1 credit/ \$20
Strawberries	half - flat	1 credit/ \$20
Strawberries	Full-flat	2 credits/ \$40
Butternut Squash, Turmeric, Sweet Potatoes	Coming soon	

Fall Produce Orders:

Please email me at csa@riverlandfamilyfarms.com to place your order and it will be delivered along with your box.

In the box

Parsley	Bunch
Corn	4 each
Spinach	½ lb bag
Sunshine Squash	Each
Red Onions	2 each
Red Round Radish	Bunch
Zucchini	3 or 4
Slicing tomatoes	2 each
Strawberry	Pint

Zucchini with Punjabi Tadka

Ingredients	¾ cup chopped tomato	½ tsp red chili powder, or finely chopped serrano pepper (optional)
3 tbs oil (high heat oil preferred)	1/2 tbs finely chopped ginger	1 Spice packet included in the box (1/2 tsp turmeric powder, ½ tsp cumin seeds, ½ tsp coriander, 1 small cinnamon stick)
1 cup finely chopped onion	1 tsp salt (or to taste)	3 cups chopped zucchini



Tadka Recipe: Heat oil on high. Add onion and cook until golden brown. Add garlic and ingredients of the spice packet. Cook for additional 25 seconds until spices are well mixed with onion. Add salt and chili if using. Reduce heat to medium-high. Add tomatoes. Continue cooking until mix appears like gravy. For a finer paste like texture you can use ground onions and tomatoes.

Add chopped zucchini to the mix. Cover and cook for 15 min, or until zucchini appears soft. Garnish with chopped cilantro and serve with naan bread.

You can also add this same 'Tadka' to other cooked lentil, vegetables, or meat.