



2023 CSA NEWSLETTER

WEEK 19

Fall Storage Produce Order

Welcome to week 19. Along with delicious produce from the farm, this week we are including shiitake mushroom from Organically Grown Company (OGC) in the box. Hope you enjoy it!
Ruby

CSA Member Prices Only		
Produce Item	Quantity	Credit Equivalent
An extra harvest box	1 box	1 credit
Delicata/ Butternut/ Sunshine 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
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

Lacinato Kale	Bunch
Delicata Squash	1 each
Eggplant	Each
Sweet Mini Pepper	Pint
Red Gold Potatoes	1.5 lbs
Salad Mix	½ lb bag
Shiitake Mushroom (from OGC)	½ lb
Cilantro	Bunch
Interlaken Grapes	1 lb

Thai Inspired Eggplant & Shiitake Mushroom Curry

Ingredients		
	1 can coconut milk	1 onion, thinly sliced
1 large eggplant, cut into cubes	2-3 tablespoon red curry paste	3 cloves garlic, minced
200 g shiitake mushroom, sliced	1 tablespoon vegetable oil	1 inch piece of ginger, grated
1-2 tablespoon soy sauce	1 tablespoon brown sugar	Juice of 1 lime
Fresh cilantro leaves for garnish	Cooked jasmine rice for serving	



Prepare the eggplant & shiitake mushroom: heat vegetable oil in a large pan or wok over medium-high heat. Add the eggplant cubes and shiitake mushrooms. Stir fry for about 5-7 minutes until slightly softened and lightly browned. Remove from the pan and set aside.

Prepare the curry base: Stir in the red curry paste and cook for a minute to release its flavors. Pour in the coconut milk, stirring to combine and bring to a gentle simmer.

Add eggplant & shiitake mushrooms: return the cooked eggplant & shiitake mushrooms to the pan. Mix well to ensure they are coated with the curry sauce.

Season & sweeten: Add soy sauce, brown sugar, and lime juice. Adjust the seasoning to your taste by adding more soy sauce, sugar, or lime juice if needed.

Simmer: Let the curry simmer for about 10-15 minutes, allowing the flavors to meld and the sauce to thicken slightly.

Garnish & Serve: Garnish with fresh cilantro leaves. Serve the Thai-inspired eggplant & shiitake mushroom curry over cooked jasmine rice.