



Riverland Family Farms

2022 CSA, Week 1



WHATS IN THE BOX?

- Romaine Lettuce *each*
- Rainbow Chard *bunch*
- Lacinato Kale *bunch*
- Cilantro *bunch*
- Fresh Garlic *1 or 2*
- Yukon Gold Potatoes *1.5lb*
- Carrots *bunch*
- Snap Peas *pint*
- Strawberry *pint*



Welcome!

Welcome to another year of harvest! If you have been supporting us through CSA programs in the past, thank you so much for your continued partnership. If you are new to this, welcome aboard, and we are grateful for your contribution.

At the farm, we are starting to harvest tomatoes of all varieties. In the coming weeks, you will start seeing Romano beans, tomatoes, cucumbers, basil, bell peppers, eggplants, grapes, berries, and more in your harvest box. As we get closer to the fall harvest you can expect to see winter squash, turmeric, and lemongrass. I hope you enjoy this years' harvest of fresh organic produce.

It is a common Indian custom to start a journey with something sweet. I am sharing a recipe of a very popular carrot dessert made with a few simple ingredients. Although it requires a lot of labor to reduce milk, the end result is worth it.

Until next week, Stay Safe Stay Healthy!

Ruby

Gajar Halwa (Carrot Dessert)

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| ◊15-16 medium sized carrots | ◊1.5 cups white sugar |
| ◊5 cups whole milk | ◊3/4 teaspoon cardamom powder |
| ◊3 tbsps Ghee, divided | ◊2 tbsps chopped cashews, raw |

1. Peel and grate the carrots using a hand grater (use the thicker side of the grater). Add the grated carrots to a pan and turn heat to medium-high. Stirring often, sauté the carrots for around 10 minutes until all the moisture dries out. Remove pan from heat and set it aside.
2. To a heavy bottom pan, add milk. You can start this process of boiling the milk on the side when you are sautéing the carrots. With heat on medium-high, stir the milk often and let it come to a boil. Once the milk comes to a boil, lower the heat to medium and let the milk boil and reduce until it reduces to at least half or a little bit more than half. Remember to stir very often else milk might get stuck to the bottom of the pan and burn.
3. Meanwhile, fry cashews in 1 tablespoon of ghee until they turn golden brown in color and set aside.
4. Back to the milk, after around 30-35 minutes, the milk will reduce to less than half. Add the grated carrots and stir.
5. Now after this point you have to be extra careful and not leave the halwa unattended. Keep stirring the halwa often on medium heat and cook until all the milk is absorbed by the halwa and it reduces to milk solids. You will see small particles of milk solids in the halwa. This will take anywhere between 10-20 minutes.
6. Add in the sugar. Sugar will melt and the halwa will become very liquid-y again.
7. Continue to cook the halwa, stirring constantly until the sugar liquid is all soaked up, this can take 15 minutes or so. Don't let the halwa dry out a lot since it will continue to thicken as it cools down. Once that's done, then add the cardamom powder and the remaining 2 tablespoons of ghee, and roast for 3-4 minutes.
8. Add in the nuts, give a final stir and done. Serve gajar halwa warm!



Source: cookwithmanali.com