

# NEWSLETTER

2024 CSA

WEEK 21



## Ginger

Welcome to week 21. This week's box features ginger. Ginger root is not only a popular spice but also has a fascinating history and a range of health benefits. It has been used for thousands of years in traditional medicine, particularly in Ayurvedic practices. It is used extensively in Indian households, especially in Chai. I am including a recipe that my mom uses. Hope you enjoy it.

Vacation Credit: If you have vacation credit, please use it by our last market of this year, **November 23<sup>rd</sup>**. Credits will not carry over to the next year. I am including a list of storage produce that you can order from. This is one way to use your vacation credits. Please email me at [csa@riverlandfamilyfarms.com](mailto:csa@riverlandfamilyfarms.com) to place your order and it will be delivered along with your box.

Item	Quantity	Credit / \$Equivalent (CSA member prices only)
Extra Harvest Box	1	1 credit / \$20
Delicata Squash	14 lbs	1 credit / \$20
Butternut Squash	14 lbs	1 credit / \$20
Red or White Onions	12 lbs	1 credit / \$20
Potatoes (Red, Yellow, Purple Majesty, Purple Viking)	12 lbs	1 credit / \$20
Strawberries	Half-Flat	1 credit / \$20
Strawberries	Full-Flat	2 credit / \$40
Roma Tomatoes	15 lbs	1 credit / \$20
Sweet Potatoes	10 lbs	1 credit / \$20
Fresh Ginger	1.5 lbs	1 credit / \$20
Fresh Turmeric	1.5 lbs	Coming soon

Thank you for supporting your local organic farm!

Ruby

### Ginger Chai

<i>Ingredients:</i>	
2 ½ cups water	1 tbsp black tea (or 2 black tea bags)
Sugar or honey to taste	1 cup whole milk
2 cardamom pods – crushed	
1 tsp fresh grated ginger	

Heat water on medium high. Add sugar and crushed cardamom pod (and cinnamon stick if desired). Bring the mix to boil.

Add black tea and continue boiling for about 2-3 minutes until the mix darkens. Add ginger (if desired).

At this point add cold milk. Reduce the heat to medium and continue heating the mix. Wait until the mix boils. Filter and serve it hot.

You can add other spices if you like, such as crushed cloves, fennel seeds, carom etc. There are pre-mix chai masala available to purchase if you don't want to collect all these spices. I buy tea at Indian grocery stores. In case I run out, I get black Lipton tea bags and they do the job just fine.

### in the box

Fresh Ginger	1/4 lb
Leeks	2 each
Potatoes - Purple Viking	1.5 lbs
Cilantro	bunch
Celery	bunch
Lettuce - Romaine	each
Collard Greens	bunch
Squash - Delicata	each
Apples	2 lbs.

