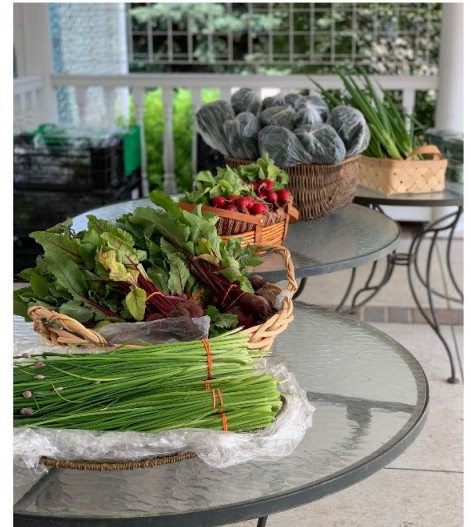




**RIVERVIEW
GARDENS®**
a place to grow



IN THE BAG...

- Living Lettuce
- Red Radishes
- Cucumber
- Herbs
- Farmer's Choice
- Farmer's Choice

C.A.R.E. TEAM CLEAN ASSESS REFRESH ENHANCE

Riverview Gardens participants take great pride in their community. One of the many ways they show this is through C.A.R.E. team. C.A.R.E. team is a collaborative effort with the City of Appleton and Appleton Downtown, Inc. Each morning members of our C.A.R.E. team work together to clean and maintain the Appleton Downtown area. This program supplements existing cleaning services within the city as well as providing skill-based and leadership training for ServiceWorks participants.



JULY 8, 2020 - WEEK 4

Grilled Asparagus & Mozzarella

Low carb, keto AND a great way to get your veggies in! Easy enough for an everyday meal and amazing enough to wow guests!

INGREDIENTS:

1 lb. asparagus, stalks trimmed
2 tbsp. extra-virgin olive oil
3 cloves garlic, minced
Juice of 1/2 lemon
1/2 tsp. dried oregano
Red pepper flakes, for garnish
Kosher salt
2 c. shredded mozzarella
Grated parmesan, for garnish



DIRECTIONS:

In a large bowl, toss together asparagus, olive oil, garlic, lemon juice, and oregano. Season with salt and red pepper flakes.

Lay out four pieces of foil. Divide asparagus between foil, then sprinkle mozzarella into the center of each. Fold foil to seal packs.

Heat grill to medium-high. Grill packs until asparagus is tender and mozzarella has melted, about 15 minutes.

Garnish with more red pepper flakes and Parmesan.

Look for Riverview Gardens' Living Lettuce at Festival Foods stores throughout Wisconsin! Living Lettuce is locally grown, non-GMO and pesticide free - grown right here at our Hydroponic Greenhouse in Appleton.



VEGGIE TALES:

When buying asparagus, choose bright green stalks with tightly closed tips.

Store asparagus in a bag in the refrigerator with the ends wrapped in damp paper towel.

When preparing asparagus, hold the bottom end with one hand and the middle of the stalk with the other hand and snap off the bottom. The asparagus will break where the woody section starts.

For vegetable storage tips and ideas, visit riverviewgardens.org/csnewsletter.

Be awesome!



asparagus tips

Be sure to follow us!



Questions? Contact us at 920.378.8527 or csa@riverviewgardens.org.