



**RIVERVIEW
GARDENS®**
a place to grow



IN THE BAG...

- Living Lettuce
- Microgreens
- Cucumber
- Zucchini
- Green Peppers
- Tomatoes
- Farmer's Choice

BE PART OF THE CHANGE

Do you enjoy the outdoors, meeting new people, learning something new, or making a difference? If you do, these are opportunities we offer at Riverview Gardens.

Come on down and join us on the farm. We'll teach you everything you need to know. Duties include harvesting, washing and packing produce and field maintenance. You'll work alongside ServiceWorks® participants and be part of the change we're making for these individuals.

Contact Kate Stel, our Volunteer Coordinator at kstel@riverviewgardens.org or 920.378-8527 to schedule a date and time today.

Join us for a little bit of farming and a whole lot of impact! Join us at **a place to grow!**

JULY 22, 2020 - WEEK 6

Zucchini Pizza Boats

All the flavor of pizza, stuffed into an easy, filling low carb meal! Add sausage, pepperoni or any of your favorite toppings.

INGREDIENTS:

4 medium zucchini
1/4 tsp kosher salt
1 cup pizza sauce
1 1/4 cups mozzarella cheese
1 tsp Italian seasoning
1/4-1/2 tsp crushed red pepper flakes
1/4 cup mini pepperoni
2 Tbs freshly ground Parmesan
2 Tbs chopped fresh basil or thyme



Optional:
mushrooms
onions
green peppers
olives
spinach
tomatoes
sausage

DIRECTIONS:

Preheat the oven to 375° F. Lightly coat a rimmed baking sheet or 9x13-inch baking dish with nonstick spray.

Halve each zucchini lengthwise. Gently scrape out the center zucchini flesh and pulp, leaving a border of about 1/3 inch on all sides. Arrange the zucchini shells on the baking sheet. Sprinkle the insides of the zucchini with salt.

Spoon the pizza sauce into each shell, dividing it evenly.

Sprinkle the mozzarella, Italian seasoning and red pepper flakes over the top. Scatter on the pepperoni and any other desired toppings. Last, sprinkle with Parmesan.

Bake for 15 to 20 minutes, until the cheese is hot and bubbly and the zucchini is tender. Remove from the oven and sprinkle with chopped fresh basil. Serve immediately.

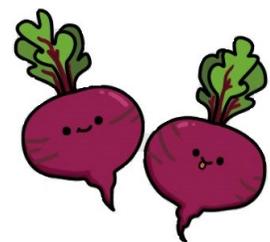
VEGGIE TALES:

One of the most hydrating foods to eat is cucumber, made up of 96% water. It contains electrolytes, which are minerals that include calcium, chloride, magnesium, phosphate, potassium, and sodium, which helps your body restore what it may have lost through dehydration.

Plus, if you make a mistake using a pen, take the outside of a cucumber and slowly use it to erase the mistake.

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

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.



WE GOT THE BEET

Be sure to follow us!



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