



**RIVERVIEW  
GARDENS®**  
a place to grow



## IN THE BAG...

- Living Lettuce
- Tomatoes
- Bell Peppers
- Cucumber
- Zucchini
- Hot Peppers
- Beans
- Farmer's Choice

## YOUTH CULINARY PROGRAM

This fall, Riverview Gardens, Fox Valley Technical College, Appleton Area School District, and Feeding America Eastern Wisconsin (FAEW) are collaborating to offer students a food service training program through ServiceWorks!

This program will assist students in attaining credits toward high school graduation as well as credits for post-secondary education. This will be the FIRST time that dual credits will be offered to students at Central High School.

ServiceWorks engages youth in their overall education, helps them form positive relationships, acquire transferrable work skills, and have opportunities for long-term career success. By expanding our youth programming, we will create opportunities together that youth need to continue to grow and become self-sufficient young adults.

**AUGUST 26, 2020 - WEEK 11**

## Baked Green Bean Fries

### INGREDIENTS:

1 cup Panko\*  
1/2 cup grated Parmesan cheese  
Pinch of cayenne pepper  
salt and pepper, to taste



1 1/2 pounds green beans,  
1/2 cup all-purpose flour  
2 large eggs, beaten

### DIRECTIONS:

Preheat oven to 425°. Coat a baking sheet with nonstick spray. In a large bowl, combine Panko, Parmesan and cayenne pepper; season with salt and pepper, to taste. Working in batches, dredge green beans in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Place green beans in a single layer onto the prepared baking sheet. Place into oven and bake for 10-12 min, or until golden brown and crisp. Serve immediately.

## Ranch Roasted Baby Carrots

### INGREDIENTS:

1 (32-ounce) package baby carrots, patted dry  
4 tablespoons olive oil  
2 tablespoons chopped parsley leaves  
1 (1 ounce) package ranch dressing mix  
2 tablespoons unsalted butter



### DIRECTIONS:

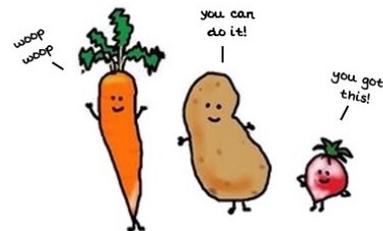
Preheat oven to 400°. Add olive oil and carrots to a large Ziploc bag, seal and shake until all carrots are coated. Sprinkle parsley and ranch dressing mix in the bag, seal and shake until carrots are evenly coated. Spray a baking sheet with nonstick cooking spray. Spread carrots on baking sheet in a single layer. Cook for 30 minutes, until tender. Stir in butter and serve immediately.

## VEGGIE TALES:

“Flavor Boost” your veggies:

- Mexican: sprinkle cumin, cayenne, or Tabasco on zucchini or squash.
- À la française: chop fresh herbs (tarragon) and toss with olive oil.
- Indian spices: sprinkle curry powder on eggplant or other soft vegetables.
- Lemon: squeeze lemon on top before serving.
- Garlic: add it to roasted and sauteed dishes.
- Cooking Oils: use different oil and spice combinations to find your favorites.
- Cheese: sprinkle a strong tasting cheese like Parmesan or Manchego on top of a finished dish.

Riverview Gardens is proud to be partnering with Fox Valley Technical College on a new endeavor. FVTC provides relevant technical education and training to support student goals, a skilled workforce, and the economic vitality of our communities.



**totally rooting for you!**

**Be sure to follow us!**



**Questions?** Contact us at 920.378.8527 or [csa@riverviewgardens.org](mailto:csa@riverviewgardens.org).