



**RIVERVIEW
GARDENS®**
a place to grow



IN THE BAG...

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

LETTUCE GROW

Riverview Gardens has two state-of-the-art hydroponics greenhouse growing facilities. Hydroponics is really just a fancy way of saying "grown in water." Where traditional gardens use soil to deliver nutrients to plants, hydroponics uses water to deliver those same nutrients to the plant's roots. In our hydroponics greenhouses, we are able to grow lettuce, herbs and microgreens year-round.

The hydroponic greenhouse serves veterans and other individuals in the ServiceWorks® job-training program who need a quieter environment resulting from PTSD and other trauma.

Living lettuce can be purchased at Festival Food stores, The Free Market and other locations. We also sell hydroponically grown lettuce to ThedaCare hospitals, local restaurants and businesses.

AUGUST 5, 2020 - WEEK 8

The Best, Quick, Easy Salsa

INGREDIENTS:

4 cups chopped fresh tomatoes
1/3 cup chopped onion
2 medium cloves garlic, minced
1 to 2 medium jalapeño peppers
1 cup chopped fresh cilantro
1 (to 2) medium limes
1/2 (to 3/4) teaspoon fine sea salt



DIRECTIONS:

Add all ingredients to a blender or food processor. Pulse until your desired texture. Taste, then season with additional salt or lime juice. Refrigerate for 30 minutes or more before serving.

Cucumber-Dill Stuffed Cherry Tomatoes

INGREDIENTS:

24 cherry tomatoes
1 (3-oz.) pkg. cream cheese, softened
2 tablespoons mayonnaise
1/4 cup finely chopped, seeded cucumber
1 tablespoon chopped green onions
2 teaspoons chopped fresh dill or 1/4 teaspoon dried dill weed



DIRECTIONS:

Starting at stem end, use a small spoon or melon baller to carefully hollow out each tomato, leaving 1/8-inch shell. Invert tomato shells onto paper towels to drain. In small bowl, combine cream cheese and mayonnaise; blend well. Stir in cucumber, onions and dill; mix well. Fill tomato shells with cream cheese mixture. Refrigerate at least 2 hours before serving.

VEGGIE TALES:

Salsa has replaced ketchup as the top selling condiment in the United States!

Adjust the spice level by adding or removing the pepper's seeds and membrane.

Quickly peel garlic by placing cloves between two same-sized bowls or cups, and shake vigorously (30 seconds) until cloves come loose from peels.

Onions too strong or pungent? Soak them in a bowl of cold water for a few minutes before using.

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



Just two of our great partners supporting Riverview Gardens mission to help people in need build dignity through job training and employment.



I LOVE YOU
FROM MY HEAD
TOMATOES

Be sure to follow us!



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