



WHAT'S IN THE BAG...

- Living Lettuce
- Mixed Lettuce
- Microgreens
- Zucchini
- Yellow Squash
- Green Beans
- Bell Pepper
- Farmer's Choice

WORKING TOGETHER TO END HUNGER

Riverview Gardens is once again partnering with Feeding America to grow 35,000 pounds of certified organic vegetables as part of the Farm Link program. We also donate healthy, fresh, GMO free lettuce from our hydroponics facility weekly to Loaves and Fishes, other local food pantries and shelters. Fresh produce is one of the most frequently requested items by people at food pantries.

We are all in this together to provide fresh, healthy and nutritious food to people in the Fox Valley and eastern Wisconsin. It's our honor to be able to produce and donate what we can to other organizations doing good for our community members in need.

For individuals in need of job training and related supportive structures, Riverview Gardens is **“a place to grow.”**

JULY 14, 2021 – WEEK 5



Lemony Summer Squash Orecchiette

INGREDIENTS:

- 3 small yellow squash and/or zucchini (or 2 medium)
- 8 oz orecchiette pasta
- 1 Tbsp extra-virgin olive oil, more for drizzling
- 1 garlic clove, minced
- 1 tsp finely chopped thyme or basil
- 2 cups chopped spinach
- Juice of ½ lemon, more to taste
- ⅓ cup feta cheese
- 2 Tbsp capers
- A few pinches red pepper flakes
- Grated Parmesan cheese
- Sea salt & fresh black pepper



DIRECTIONS:

1. Thinly slice squash and zucchini, about ⅛ inch thick. Lay squash slices on a towel and pat dry.
2. Cook the pasta in a pot of salted boiling water until al dente.
3. In a large skillet heat the oil over medium-low heat. Add the garlic and thyme or basil. Stir until fragrant, then add the sliced squash/zucchini, salt and pepper. Stir, then let the squash cook on each side until lightly browned.
4. Stir in the lemon juice, then add the spinach and toss. Add the pasta along with a bit of the starchy pasta cooking water.
5. Stir in feta, capers and red pepper flakes. Season to taste and add Parmesan cheese, more lemon juice, and drizzles of olive oil, as desired.

Thank You RVG Board!

The Riverview Gardens' Board of Directors is faithful to the mission, oversees operations, and supports the work we do. They are advocates and serve as ambassadors in the community. Even more, they are active participants in the organization.

Thank you for all you do!



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

VEGGIE TALES:

Make your own Zucchini Noodles just by using the proper tool:

- Spaghetti - spiralizer
- Angel hair - julienne peeler
- Fettucine - mandoline and a knife
- Pappardelle - vegetable peeler
- Lasagna - a sharp chef's knife

Serve zucchini noodles raw with a warm sauce (the heat of the sauce will gently cook the noodles without making them mushy). Or heat a skillet to medium heat, brush with olive oil, add the noodles and heat 1 minute, or until just warmed through.

What's a zucchini's favorite sport?



SQUASH!

Be sure to follow us!

