



WHAT'S IN THE BAG...

- Living Lettuce
- Mixed Lettuce
- Microgreens
- Zucchini
- Yellow Squash
- Patty Pan Squash
- Green Beans
- Bell Peppers
- Farmer's Choice

VOLUNTEER WITH US

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. We are always looking for great people to add to our volunteer team!

Come 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.

The farm is open for volunteers 8 to 4 Monday through Friday. Sign up online and attend a quick orientation on Thursday at 1 pm at the farm (242 W Seymour).



Join us for a little bit of farming and a whole lot of impact! Join us at [a place to grow!](#)

JULY 21, 2021 - WEEK 6



Green Beans Amandine

INGREDIENTS:

- 2 tablespoons unsalted butter
- ½ cup sliced almonds
- ¼ cup thinly sliced shallot (about 1 small)
- 1 pound slender green beans, trimmed
- 2 teaspoons lemon juice, to taste
- 1 tablespoon + ½ cup water, divided
- ½ teaspoon fine salt, to taste
- Freshly ground black pepper, to taste



DIRECTIONS:

1. In a large skillet over medium heat, melt the butter. Add the almonds. Cook, stirring constantly, until butter has browned and almonds are beginning to brown, about 7 to 8 minutes.
2. Add the shallot and cook, while stirring constantly, for 1 minute. Stir in the lemon juice and 1 tablespoon water. While stirring, cook until the liquid thickens enough that your spatula leaves an open trail on the pan behind it, about 1 more minute.
3. Scoop all the mixture into a bowl, and set it aside. Return the empty skillet to the stovetop, and add the green beans, ½ cup water and ½ teaspoon salt. Cover and cook over medium heat, stirring occasionally, until the beans are nearly tender, about 9 to 10 minutes.
4. Remove the lid and cook over medium-high heat until the liquid evaporates, about 2 to 4 minutes.
5. Off the heat, add the reserved almond mixture to the skillet and toss to combine. Season with salt and pepper, to taste, and serve.

VEGGIE TALES:

Here are some creative ways to incorporate vegetables into your diet, so that you never get sick of eating them.

- Make Veggie-Based Soups
- Try Zucchini Lasagna
- Experiment with Veggie Noodles
- Add Veggies to Sauces
- Make a Cauliflower Pizza Crust
- Blend with Smoothies
- Add Veggies to Casseroles
- Cook a Veggie Omelet
- Try a Lettuce Wrap or Veggie Bun
- Grill Veggie Kebabs
- Blend Veggies With Meatloaf
- Make Cauliflower Rice

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

Internship Opportunities

We understand the importance of job training and experience, which is why we offer internship opportunities with experiential learning in a variety of fields. Join us for a semester, summer or full school year. Visit our website for detailed descriptions of available positions and to apply.



I've
bean
thinking
about
you!



Be sure to follow us!



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