

WHAT'S IN THE BAG...

- Lettuce
- Yellow Summer Squash
- Patty Pan Summer Squash
- Cucumbers
- Bell Peppers
- Green Beans
- Kale
- Farmer's Choice

JULY 28, 2021 - WEEK 7

VETERANS

Since opening our doors in 2011, we regularly engage and support veterans in volunteer opportunities or participating in ServiceWorks.

Our hydroponics greenhouse provides a calm, consistent and safe environment for veterans as they work to transform their lives. The lettuce you received today was grown and harvested by one of our veteran participants.

Through our collaborative partnerships, we are able to build a team of support and connect veterans in need with housing, education, healthcare and other supportive services. Our knowledge and sharing continues with other veteran teams.

If you know a veteran who enjoys volunteering or needs assistance, contact Lee Lloyd today at leelloyd@riverviewgardens.org.

We are honored to serve those who first served us!



Sausage, Peppers, Onions, and Potato Bake

INGREDIENTS:

- 2 teaspoons olive oil
- 2 pounds Italian sausage links, cut into 2-inch pieces
- ¼ cup olive oil
- 4 large potatoes, peeled and thickly sliced
- 2 large green peppers, cut into wedges
- 2 large red peppers, cut into wedges
- 3 large onions, cut into wedges
- ½ cup white wine
- ½ cup chicken stock
- 1 teaspoon Italian seasoning
- salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 400°F
2. Heat 2 tsp. olive oil in a large skillet over medium heat. Cook the sausage until browned. Transfer to a large baking dish.
3. Pour 1/4 cup of olive oil into the skillet, and cook the potatoes, stirring occasionally, until browned, about 10 min. Place the potatoes into the baking dish, leaving some oil in the skillet.
4. Cook and stir the green and red peppers and onions in the hot skillet until they begin to soften, about 5 min. Add the vegetables to the baking dish.
5. Pour wine and chicken stock over the vegetables and sausage, and sprinkle with Italian seasoning, salt, and pepper. Gently stir the sausage, potatoes, and vegetables together.
6. Bake in the preheated oven until hot and bubbling, 20 to 25 min. Serve hot.

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.



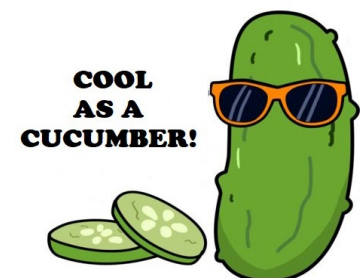
VEGGIE TALES:

Herb Bombs are great for adding more flavor to sautéed meats or veggies!

Remove stems and gently tear or chop leaves. Fill the compartments of an ice cube tray about halfway with herbs - one type or a combination - and cover with olive oil. Wrap the tray so it's airtight and freeze. Transfer frozen cubes to a bag or other storage container.

To use: melt 1 or 2 cubes directly in a skillet or add to soup.

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



Be sure to follow us!



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