

WHAT'S IN THE BAG...

- Living lettuce
- Tomatoes
- Cucumbers
- Melon
- Onions
- Eggplant
- Bell pepper
- Hot pepper
- Farmer's Choice

CHOPPED. FARM TO FORK TO WORK.

We are so excited for our 5th Annual Chopped: Farm to Fork to Work event being held on **Tuesday, October 12th!**

Chopped is a unique culinary and fundraising event that challenges three local celebrity and three professional chefs to transform a basket of fresh Riverview Gardens produce and other surprise ingredients into creative dishes in just 30 minutes. Last year's champions, Aaron Morse (Three Three Five) and Jay Bush (Bush's Baked Beans), will be back to defend their titles.

Fundraising for the event includes sponsorships, ticket sales, a live auction and lightning round. There will also be some surprises in store! Tickets for this year's event are on sale now.



Chopped directly supports individuals in our ServiceWorks® job training program.

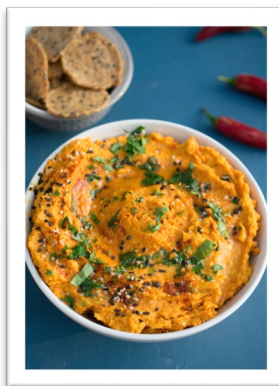
AUGUST 25, 2021 -
WEEK 11



Roasted Carrot Hummus

INGREDIENTS:

- 1 pound carrots, peeled, cut to 1/2" pieces
- 2 cloves garlic, unpeeled
- Extra-virgin olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons tahini
- 1 tablespoon chopped fresh cilantro, plus 1 teaspoon for garnish
- 1 lemon, juiced
- Serving suggestions: pita chips and assorted crudites, such as endive, baby bell peppers, radishes, blanched green beans and Persian cucumbers



DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. On a baking sheet, toss the carrots and garlic cloves with 1 tablespoon olive oil and the cumin, salt and pepper. Roast until the carrots are tender and lightly caramelized, stirring halfway through, 20 to 25 minutes. Remove from the oven and let cool until warm. Peel the garlic cloves.
3. In a food processor, combine the roasted carrots and garlic with the tahini, cilantro, lemon juice and 5 tablespoons water. Pulse until smooth. With the processor running, slowly add 2 to 3 tablespoons olive oil. Transfer to a serving bowl. Make a small well in the center of the hummus and fill with olive oil. Sprinkle the remaining 1 teaspoon cilantro over the top. Serve with crudites and pita chips.

VEGGIE TALES:

Chop Like a Pro!

1. Put a damp paper towel under your cutting board to keep it from moving around.
2. Wash and dry your produce (water makes it slippery while cutting)
3. Cut large produce down to a workable size
4. Trim off a tiny bit at the top or bottom of your vegetables (think onions or carrots) so that its flat when cutting.
5. Make sure your knife is sharp, and it will do the work.

SAVE THE DATE

Chopped.
Farm to Fork to Work.
Tuesday, October 12, 2021
5:00pm - 9:00pm

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