

WHAT'S IN THE BAG...

- Living Lettuce
- Cucumbers
- Bell peppers
- Green beans
- Tomatoes
- Zucchini
- Summer squash
- Eggplant
- Farmer's Choice

AUGUST 4, 2021 -
WEEK 8

ADULT CULINARY PROGRAM

Riverview Gardens is offering an Adult Culinary class for ServiceWorks participants. This class provides hands-on food-industry training concentrating on basic food safety and sanitation, understanding a healthy diet, basic knife skills, measuring/kitchen math, and meal preparation. After each class, participants share a community lunch featuring the items they just prepared.

Food is used as a tool to strengthen bodies, empower minds and build community. Knowing how to cook is a life skill in itself. Food service training can help provide a pathway to low-barrier employment opportunities.

The ServiceWorks Adult Culinary program will serve as a springboard for a future Riverview Gardens food service social enterprise preparing meals for our community's most vulnerable citizens.

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



**RIVERVIEW
GARDENS®**
a place to grow

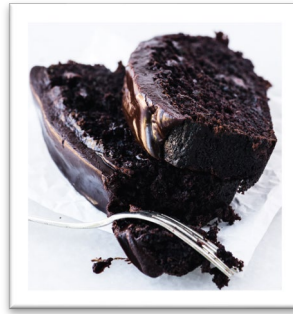
Death By Chocolate Zucchini Bread

DRY INGREDIENTS:

- 1 1/4 cups all purpose flour
- 1/2 cup cocoa powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt

WET INGREDIENTS:

- 1 cup sugar
- 1 large egg plus 1 egg yolk
- 1/2 cup butter melted
- 1 tsp vanilla extract
- 2 cups grated zucchini
- 2/3 cup chocolate chips



GANACHE:

- 1/2 cup heavy cream
- 2 cups bittersweet chocolate chips

DIRECTIONS:

1. Set oven to 350°F. Lightly spray and line a 9x5 loaf pan with parchment, leaving the ends long so you can lift the cake out after it has baked.
2. Whisk the dry ingredients together. Set aside.
3. Whisk the sugar and eggs together until pale and smooth. Beat in the butter and vanilla, then fold in the zucchini.
4. Blend the dry ingredients into the wet. Fold in the chocolate chips.
5. Spread the batter into the prepared pan. Bake 50 minutes.
6. Cool completely on a rack before frosting.
7. To make the ganache, heat the cream to a simmer, then pour over the chocolate chips. Let sit for 3-5 minutes, then stir until glossy and smooth. If you still see bits of chocolate, microwave it for 15 seconds and stir again. Spread a thick layer over your zucchini bread.

We are in need of a few items as we get ready to host Summer of Service (3-week youth program). If you would like to donate **loppers** or **work gloves**, just drop them off at the farm or community center. For more ideas, see our Wish List at riverviewgardens.org.

Wish List

- _____
- _____
- _____



VEGGIE TALES:

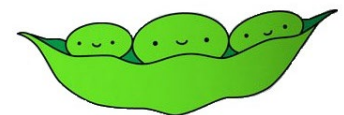
Edamame are edible young soybeans, harvested before they have ripened.

How To Make Edamame:

Cut off both ends of the edamame pods. Bring 6 cups of water (salted) to a boil. Dump in 2 cups of edamame. Cook for 5 minutes until tender. Drain.

How To Eat Edamame:

Season the edamame generously with a coarse finishing salt. Pick up a shell with your fingers, put it in your mouth, and pop the pod out of the shell with your mouth. Discard the shell. That way you'll get a little salt with each bite!



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Be sure to follow us!



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