



Upcoming Events

August 1
Field trip to Lyman Orchards
Summer schoolage campers

August 2
Taco lunch
Summer schoolage campers

August 20
Bike Rodeo

August 23
Last day of summer program

August 26
First day of public school

August 30
Schools closed
KOCO open

September 2
Labor Day
Schools closed
KOCO closed

September 3
Board of Directors Annual Meeting
Election of Officers
6:00-7:00 pm









JULY 2024 KOCO'S CSA



HERE ARE SOME FUN RECIPES USING ITEMS WE EXPLORED THIS MONTH!



Air Fryer Root Veggie Chips

Ingredients

- 2 small red beets, peeled
- 1 medium celery root, peeled and cut lengthwise in half
- 1 large carrot, peeled
- 1 large parsnip, peeled
- 1 tsp chopped fresh rosemary and/or thyme
- 1/2 tsp kosher salt
- 1 tablespoon plus 1 teaspoon olive oil

Directions

- With vegetable peeler, slice celery root and beets into chips, and carrot and parsnip into long ribbons; keeping all vegetables separate.
- In small bowl, stir rosemary and/or thyme and salt.
- Preheat air fryer to 330° for 3 minutes. In medium bowl, toss parsnip, celery root, 2 teaspoons oil and 1/2 teaspoon herb mixture; transfer to air fryer basket. Air fry 10 minutes or until crisp, shaking basket every 3 minutes; transfer to rimmed baking pan. Using same bowl, repeat with carrot and beet to make 2 batches, tossing each with 1 teaspoon remaining oil and 1/2 teaspoon remaining herb mixture. Makes about 3 cups.

Recipe from ShopRite.com

Thai Lettuce Wraps with Thai Peanut Free Sauce

- 3 teaspoons rice vinegar
- 3 teaspoons low sodium soy sauce
- 3 teaspoons sesame oil
- 6 tablespoons sun butter or cashew butter
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- 1 teaspoon honey
- 1 teaspoon lime juice (1/4 of a lime)
- 3 tablespoons water
- 1 tsp siracha (optional)

Veggie Fillings

Choose your favorite colorful veggie

- Butter leaf lettuce or Romaine (for wraps!)
- Matchstick Carrots
- Cucumber sticks
- Sliced avocado
- Purple Cabbage
- Sliced Bell Pepper
- Bean Sprouts
- Cilantro

Protein Options

Add in protein and grains for a complete meal!

- Quinoa/Brown Rice
- Edamame
- Shredded Chicken
- Lean ground turkey or beef
- Sautéed Tofu
- Black Beans
- Chick Peas
- Sautéed Tempeh
- Nuts and Seeds



Fresh Corn, Basil & Bell Pepper Salad

Ingredients

- 3 tbs olive oil
- 2 tbs apple cider vinegar
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 5 ears fresh sweet corn, husks and silks removed, kernels cut from cobs (about 3 cups)
- 1/2 cup diced red bell pepper
- 1/3 cup thinly sliced fresh basil
- 2 tbs finely chopped red onion

Directions

1. In medium bowl, whisk oil, vinegar, salt and black pepper; fold in corn, bell pepper, basil and onion.

Makes about 3-1/2 cups.

Recipe from ShopRite.com





JULY 2024 KOCO's CSA



HERE ARE SOME OF THE ITEMS WE EXPLORED THIS MONTH, FROM OUR CSA WITH COLD SPRING FARM!

Corn



Corn is a great source of fiber-rich carbohydrates! This summer favorite gives our body energy and the fiber helps keep us fuller, longer.

Tips to get kids interested in trying Corn:

- ~ Have a corn husking race! See who can husk the corn fastest.
- ~ Try offering corn on the cob, or cut kernels off depending on your child's preference.

Garlic helps our bodies heal, protects our body and helps fight illness.

Tips to get kids interested in trying Garlic:

- ~ Garlic is a strong flavor. Sautéing or roasting it may appeal more to young taste buds. Try roasting garlic whole and having kiddos squeeze the garlic out of the clove!
- ~ Magic Garlic Peel game! Separate garlic cloves from the bulb. Place cloves into a Tupperware container or mason jar and cover with a lid. Get those muscles working and shake the container! This may take a couple minutes, but you should see the peels separate from the garlic!

Garlic



Beets Radish



Radishes and beets contain antioxidants that not only give these root veggies their bright color, but also help to keep our heart healthy!

Tips to get kids interested in trying Beets and Radishes:

- ~ Give them a bath! Have kids tear off the leaves and stems. Submerge the root veggie in a bucket of water and have kids clean them with their hands or a brush to make it more fun!
- ~ Stamp it! Cut beets into shapes and have kids use them as a stamp. This stamp is edible, so encourage them to give it a lick!

Dark leafy greens, like lettuce, contain nutrients that are good for our eyes! And bone health is not just from dairy foods! Greens also contain Vitamin K, which is essential for healthy bones.

Tips to get kids interested in trying Lettuce:

- ~ Veggies as vehicles! If your kiddo is not a fan of salad, try using lettuce as a vehicle for their favorite dishes. Think taco boat or a wrap for their favorite deli meat and cheese.

Lettuce



Handout provided to you by ShopRite of East Hartford Dietitian: Lindsey Kent, RD
For more recipes and nutrition information, email Lindsey.kent@wakefern.com