



# 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







# 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*





# AUGUST 2024 KOCO'S CSA



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



## Eggplant and Veggie Pizza

### Ingredients

- 1 1/2 cup Tomato & Basil Red Sauce
- 2 medium eggplants (cut in 1/2 inch thick slices)
- 2 tbs olive oil (divided)
- 1 small zucchini (diced)
- 1/4 small onion (diced)
- 2 garlic cloves (minced)
- 3/4 cup cherry tomatoes (halved crosswise)
- 3/4 cup shredded mozzarella cheese
- 1 tsp fresh oregano (chopped)
- 6 basil leaves (julienned)
- 1/2 tsp red pepper flakes (optional)

### Directions:

1. Preheat oven to 450 ° F. Line rimmed baking sheet with parchment paper.
2. Arrange eggplant slices in one layer on baking sheet. Brush each slice with 1 1/2 tablespoons olive oil. Sprinkle with 1/2 teaspoon each salt and black pepper. Bake 10 minutes.
3. In large skillet, heat remaining oil over medium- heat. Add onions. Cook and stir 2 minutes. Add garlic, zucchini and oregano. Stir and sauté for 2 minutes. Add tomato sauce and cook 1 minute.
4. Remove eggplants from oven. Top each with equal amounts of red sauce-vegetable mixture, cherry tomatoes and mozzarella. Return to oven and bake 5 minutes or until cheese is melted and bubbly.
5. Serve eggplant pizzas sprinkled with fresh basil and red pepper flakes (optional).

*Recipe from ShopRite.com*

## Bell Pepper Race Cars!

### Ingredients:

- Baby bell peppers
- Mini Cucumbers
- Grape tomato
- Hummus
- Sliced Olives
- Toothpicks



### Directions:

1. Cut the very top (stem) off of the bell peppers. Cut the bell pepper in half lengthwise.
2. Fill bell pepper half with your favorite hummus.
3. Cut baby cucumbers into thin rounds. Using a toothpick and four cucumber slices, assemble the wheels.
4. Add a small grape tomato on top of the hummus, at the back of the car (this is the driver!). Place an olive slice in front of the tomato for the steering wheel.
5. Enjoy!

## Cellentani Caprese Salad



*Recipe from ShopRite.com*

### Ingredients

- 1 box Barilla® Protein+® Cellentani pasta
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons extra virgin olive oil, divided
- 4 tablespoons lemon juice
- 8 basil leaves, julienne
- 2 cups small mozzarella cheese balls, halved
- Salt and black pepper to taste

### Directions

1. Bring a large pot of water to a boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on a sheet tray to cool down. Set aside.
2. In a large bowl combine tomatoes, basil, remaining olive oil and cheese. Season with salt and pepper. Add pasta, stir, and enjoy!





# AUGUST 2024 KOCO'S CSA



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



Bell Peppers are a great source of vitamin C. With cold and flu season around the corner, vitamin C helps to support a healthy immune system!

### Tips to get kids interested in trying Peppers:

- ~ Do a pepper taste test! Compare different colored peppers. See which one is sweeter, crunchier, etc
- ~Veggies as vehicles! Cut mini bell peppers in half and use like a chip for your kids favorite dips.

Big or small, tomatoes are packed with lycopene, an antioxidant shown to have heart health benefits.

### Tips to get kids interested in trying Tomatoes:

- ~Have a dipping party! Line up a few different dips (hummus, ranch, pesto, etc) and have your kids taste test by dipping tomatoes in each sauce. Have them rate their favorite combo.
- ~Tomato squirting contest! Take a few sheets of white paper and line them up on your table or counter. Sitting in front of the paper, place a cherry tomato in your mouth and take a big bite down the middle. Measure how far the tomato seeds traveled. Although messy, this can be a fun way to get them to try tomatoes. *(Idea from the book Adventures in Veggieland)*



### Tips to get kids interested in basil:

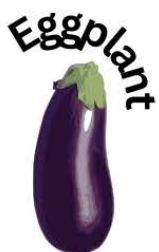
- ~ Have kids pull leaves off the stem of a basil plant and stack them. Have them count out the leaves as they stack them. Sometimes the littlest activity and exposure can pique their curiosity and encourage them to try something new.
- ~Tomato & Mozzarella skewers are another fun way to try basil. Give kids a small skewer or toothpick and have them place a cherry tomato, mini mozzarella ball and basil leaf on the stick. Have them repeat the pattern until the skewer is full. Drizzle with balsamic reduction and olive oil.



Eggplant is a great source of fiber. Fiber helps to keep us full and satisfied longer.

### Tips to get kids interested in trying eggplant:

- ~Eggplant can be a tricky one for kids, as it may not be as familiar. Try preparing and serving eggplant in a familiar way. Cut eggplant into fry sized strips and dredge in flour, egg wash, then breadcrumb and parmesan mixture. Air fry or bake to make delicious crunchy eggplant fries.



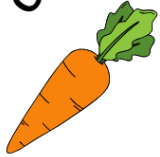


# SEPTEMBER 2024 KOCO'S CSA



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

## Carrot



Carrots get their bright orange color from an antioxidant known as beta-carotene. Beta-carotene is a form of Vitamin A that is beneficial for eye health and immune function.

### Tips to get kids interested in trying Carrots:

- ~Crunch test! Take turns biting carrots to see who can crunch the loudest. You can even download an app on your phone to measure decibels and see who the winner is.
- ~Compare flavors. Carrots come in 5 different colors: orange, white, red, yellow and purple. Have a taste test to see which color your kiddo likes best. OR compare different preparations. Cut into sticks or “chips”, peel into ribbons with a potato peeler or roast in the oven.

Potatoes are a great source of potassium. Potassium helps to maintain good muscle function; one of the most important muscles being your heart. Have kids show off their muscles to make the connection!

### Tips to get kids interested in trying Potatoes:

- ~Give the potato a bath! Fill a bowl with water and have kids help you clean potatoes by giving them a bath.
- ~Let them play. Have kids make a mashed potato mountain. Using clean toys (like dinos or figurines) kids can pretend to climb up the mountain. This may be messy, but studies show that exploratory play increases a child’s willingness to try a new food.

## Potato



## Apples



Apples are a carbohydrate rich food. Carbohydrates are our brain and bodies favorite source of fuel and energy! And with about 4 grams of fiber per serving, apples are considered a complex carb, keeping you fuller longer.

### Tips to get kids interested in trying Apples:

- ~Apples are delicious and easy to eat as is, but you can also have some fun with your apples. Try cooking them to make your own homemade apple sauce. Or arrange thin sliced apples on a plate, drizzle with melted peanut butter and top with mini chocolate chips and coconut to make apple “nachos”.

Sage is a savory herb that adds tons of flavor to dishes. Using herbs is a great way to add flavor while lowering the sodium in recipes.

### Tips to get kids interested in trying Sage:

- ~Herbs can be tricky with kids. They tend to have very strong flavors on their own. Getting your kids involved in prepping herbs can help encourage them to try them. Have kids tear the leaves off the stem. They can stack the leaves to see how tall the pile can get. Kids can also help tear sage into small pieces to sprinkle into recipes.

## Sage



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





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



### Rainbow Ribbon Salad

#### Ingredients

- 1 medium carrot, peeled
- 1 small yellow squash
- 1/2 bunch asparagus
- 2 tbs olive oil
- 1 tbs fresh lemon juice
- 1 tbs fresh orange juice
- 1 tbs honey
- 1/2 tsp poppy seeds
- 1/2 red bell pepper, thinly sliced
- 1/2 cup thinly sliced red cabbage

#### Directions

1. With vegetable peeler (or spiralizer), cut carrot, squash and asparagus into thin ribbons.
2. In medium bowl, whisk oil, lemon juice, orange juice, honey, poppy seeds and ¼ teaspoon each salt and black pepper. Add bell pepper, cabbage, carrot, squash and asparagus; toss to combine. Makes about 4 cups.

*Recipe from the Recipe Shop on Shoprite.com*



### Apple Donuts

#### Ingredients:

-Your favorite apple! cored and cut crosswise into 1/2-inch thick rounds

-“Frosting”: Peanut butter, almond butter, sunbutter or soy butter or chocolate hummus

-Your Favorite crunchy filling/toppings: Granola, raisins, chopped nuts, coconut, pumpkin seeds, sprinkles, chocolate chips, chopped fresh fruit, etc.

#### Directions:

1. If you won't be eating these tasty treats right away, start by brushing the apples slices with lemon juice to keep them from turning brown.
2. Spread the “frosting” on the cored apple rounds. Then top with your favorite crunchy and tasty toppings. ENJOY!

### Caramel Apple Donuts



#### Ingredients

- Your Favorite Apple!!
- **Caramel Sauce:**
  - ½ cup Almond Butter
  - ½ cup maple syrup
  - 1/3 cup coconut oil
  - 1 tsp vanilla extract, pinch salt

#### -Toppings:

mini chocolate chips, coconut, pumpkin seeds, etc.

#### Directions

1. For caramel sauce: Combine almond butter, coconut oil, maple syrup, salt and vanilla in a small saucepan. Whisk over low heat until ingredients are combined and smooth (About 3 minutes). Remove from heat and let cool. (keep sauce in airtight container in refrigerator)
2. Slice your apple. Arrange on your plate. Then drizzle with caramel and top with your favorite toppings!!