

Ideas for This Week's Winter Shares Bag

The Shares Team is excited to pass on our favorite ways of preparing this week's produce. What are some of your favorite ways to prepare the food in this week's bag? Let us know next week during pick-up or delivery!

Apple and Cabbage Slaw

Slaw

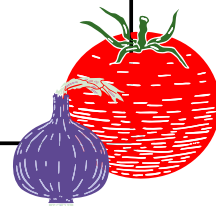
- 2 cups of chopped cabbage
- 1 apple, cut into "matchsticks"
- 2 carrots
- 3 green onions, cut into rounds
- Small handful of cilantro

Dressing

- 2 tbsp olive oil
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 1 tbsp lime juice
- salt & pepper to taste
- Dash of cayenne (optional)

1. Put chopped cabbage into bowl.
2. Grate carrots and add to cabbage, along with the green onion.
3. Cut the apple into "matchsticks" and add to bowl. *Note: only add the apple if you are ready to dress and serve the salad right away, the apples will turn brown otherwise.
4. For the dressing, add ingredients to a small container with a lid.
5. Secure lid and shake ingredients to mix, then pour over slaw.
6. Serve chilled.

Slaw recipe from: picturetherecipe.com
Cucumber idea from: superhealthykids.com
Carrot facts from: sciencekids.co.nz



Celery

Celery is a vegetable that can be enjoyed as a great snack, or in addition to many dishes. Consider trying:

- Add to tuna or chicken salad for an extra crunch.
- Fill with low-fat cream cheese and top with chopped olive or roasted red peppers.
- Fill with peanut butter and top with dried fruit.

Inside-Out Cucumber Sandwiches

- Cucumber, sliced into rounds
 - Any sandwich ingredients you enjoy!
1. Slice the cucumbers into 1/2 inch rounds.
 2. Using the cucumbers as "bread," put chosen sandwich ingredients between the cucumber rounds and secure with a toothpick (optional).
 3. You could use cheese, toasted bread, deli meat, anything you would like!

Carrot Fun Facts

- Carrots are enjoyed by many for their natural sweetness, and are often used in cake recipes in western countries. They are a popular desert staple in India, and carrot jam is common in Portugal.
- The world's largest carrot producer is China. Russia is the second, and the United States is third.