



THIS WEEK'S BAG CONTAINS:

- Kale Bunch
- Red Onion
- Grapefruit
- Cucumber
- Kiwi

RED ONION

Red onions are made up of white juicy and fleshy layers, which are covered by a red paper-like skin. They are one of the most versatile ingredients, as they are found in many dishes to provide either a spicy taste if eaten raw, or a sweet and caramelized flavor if eaten cooked in a dish. Red onions alone are known for their sweet flavor and their beautiful red coloring.

GRAPEFRUIT

Grapefruits are a round fruit with a pinkish-yellow skin. The inside of the grapefruit contains a beautiful pink tone with flavors that are sweet, sour, and sharp tasting.

The most common way to eat a grapefruit is by cutting it in half and eating it with a spoon. Some prefer a sprinkle of sugar to the grapefruit halves to decrease the bitterness.

They are a rich source of Vitamin C and antioxidants. Try incorporating half a grapefruit into your morning breakfast for a refreshing start to the day!

CUCUMBER

A fun fact about cucumbers is that they belong to the same family as squash and melons. Consider selecting cucumbers that are medium-sized, as the larger ones have tough skin and large, hard seeds.

Cucumbers are often eaten raw by slicing or cutting them into strips. They are very popular served in Greek salads, pickled, marinated, and go well with meat and fish! When storing cucumbers, they will keep very well in the refrigerator for 3-5 days but do not keep well if frozen.

Have leftover cucumber? Slice it up and sit back! The vitamin K and water content in cucumbers will soothe and hydrate your tired eyes!

KIWI

Inside of the kiwis brown fuzzy skin is a beautiful, bright green fruit that has a sweet and juicy flesh. The seeds of a kiwi are edible and form a decorative center of the fruit. Many people like to cut the kiwi in half and scoop it out with a spoon. Because it is very appealing to the eye, it can be used as a garnish, added to cheese plates, cakes, appetizers, or yogurt.

You will know that a kiwi is ripe when its skin is soft when a small amount of pressure is applied. The kiwi is an excellent source of vitamin C! They contain almost twice the amount of vitamin C than oranges!

FUN FACT: As of early 2020, Wisconsin has 68,700 farms in the state, totaling over 14.4 million acres!



TECHNIQUE OF THE WEEK:

braise

(v.) *A cooking method by which food is first browned or sauteed in fat, then cooked, tightly covered, in a small amount of liquid at low heat for a lengthy period of time.*

→ BRAISING

Braising is a great method for cooking root vegetables or hearty greens. Its long, slow cooking helps develop the vegetable's flavor, while tenderizing the food by gently breaking down its fibers. Braising is best done on top of the range or in the oven and requires a tight fitting lid to prevent the liquid from evaporating during the cooking process.

Vegetables that are ideal for braising include artichokes, celery, fennel, potatoes, collard greens, celery and carrots. To check for cooking doneness when using the vegetables, insert the tip of a knife into the thickest part of the vegetable, if the knife slips in and out with ease, the vegetables are done.

KALE

This brightly colored and leafy vegetable can come in a variety of colors including green, white, purple, or bluish-green. It is known to be a great source of Vitamins A and C, as well as iron and potassium. Kale has a very strong flavor, so it often goes very well in soups or stews!

Additionally, kale can be boiled, steamed, braised in a casserole, stuffed, or added to a vegetable stir-fry.

Kale is able to be stored in the refrigerator for 5-10 days, but if it is consumed sooner, it will have less of a bitter or strong flavor. To prepare kale, trim the leaves of any dark spots, wash them under water.

Recipe

BRAISED KALE

SERVES: 6

Ingredients:

- 1 pound kale leaves (about 2 bunches)
- 3 tablespoons olive or vegetable oil, *divided*
- 1/2 cup chopped red onion
- 4-6 garlic cloves, minced
- 1/8 teaspoon crushed red pepper flakes
- 2 cups vegetable or chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons rice vinegar *or* cider vinegar
- 1/4 teaspoon pepper

Directions:

1. Remove the thick stems of the kale and discard. Chop kale into 3-inch pieces. Wash and drain; set aside.
2. In a large pot, heat 2 tablespoons oil over medium heat. Add onion; cook 3-4 minutes or until tender. Add garlic and pepper flakes; cook 1 minute longer.
3. Add kale and remaining oil; cook 1-2 minutes or until slightly wilted. Pour broth and soy sauce over kale. Bring to a boil. Reduce heat to medium-low; cover and cook 25-35 minutes or until greens are tender, stirring occasionally.
4. Remove lid; increase heat to medium-high. Cook 8-10 minutes longer or until liquid has evaporated. Stir in vinegar and pepper; season with salt as desired.



Adapted from: <https://www.jessicagavin.com/braised-kale/>