

September 10, 2012

Veggie Van

LOCAL FOOD FOR ALL

the
greener
grocer
AT THE HISTORIC
NORTH MARKET

In This Week's Bag:

Sweet Potatoes,
Red Beets,
Acorn Squash, Tomatoes,
Collard Greens, Basil,
Grapes, Onion,
Garlic



ROASTED SWEET POTATOES AND GREENS

INGREDIENTS

2 tbsp oil
3 cloves of garlic, minced
1/2 onion, thinly sliced
2 cups roasted sweet potatoes,
med. dice
1 bunch of greens, blanched in
boiling salted water, chopped
Kosher salt to taste

DIRECTIONS

Sauté the garlic and onion in the oil until soft. Add the sweet potatoes and cook until soft. Add the greens and warm through. Re-season as needed w/kosher salt.

Yield: 8 adult portions



NEWS FROM THE VEGGIE VAN

*To roast the sweet potatoes: peel, cut in medium dice, toss in olive oil, season with salt and roast in 400 degree oven for 20-30 minutes.

—Taalib Richardson, Veggie Van Program Manager (trichardson@local-matters.org)

Did You Know?

In addition to it's use as a seasoning Basil has tremendous health benefits. Basil is a very good source of iron, calcium, magnesium, potassium and vitamins A & C. It promotes cardiovascular health, and has anti-bacterial and anti-inflammatory properties.