

"I now suspect that if we work with machines the world will seem to us to be a machine, but if we work with living creatures the world will appear to us as a living creature."

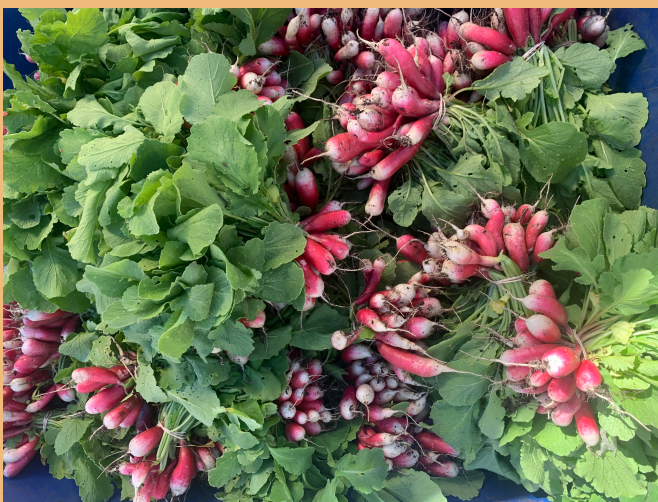
~Wendell Berry~



## Radishes for breakfast?

Yes, these French breakfast radishes are mild enough to enjoy in the morning for breakfast. Just put a little bowl of olive oil, salt and pepper out on the table. Dice them up, and dip into the oil. Radishes are a great way to get your digestive system flowing. They decongest the gall bladder and also cleanse the liver and blood.

Enjoy! And you can cook the greens up too!



## This week's CSA share contains:

- Kale
- Jalapeno Peppers
- Cucumber
- Eggplant
- Leeks
- Summer Squash
- Spinach
- Sweet Bell Pepper
- French Breakfast Radishes
- Heirloom Tomatoes



## Moroccan Spiced Eggplant and Tomato Stew

Time to Make: 60 minutes

Servings: 2-3



### Ingredients

2 eggplants – cubed – about 6 cups

1-2 leeks, diced

1 Tbsp. ground cumin

1 tsp. salt

½ cup water (or stock)

1 Tbsp. maple syrup or honey

Grain of your choice

4Tbsp. olive oil

3 cloves garlic, minced

1 Tbsp. paprika

3-4 heirloom tomatoes, chopped – about 3 cups

1 cup cooked chick peas

2 Tbsp. harissa paste, or hot sauce – or jalapenos

1/3-pound spinach, or 1 bunch kale, chopped

### Directions

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper, or grease.
2. Add diced eggplant, drizzle with oil and sprinkle with salt. Toss to coat and roast for 30-35 minutes, flipping halfway.
3. Meanwhile, heat a large sauce pan over medium heat. Once hot, add oil and leeks and sauté for 4-5 minutes. Add the garlic, cumin, paprika and stir to coat. If using jalapenos, you can add them here.
4. Add tomatoes and their juice, as well as water (or stock). Cover and bring to a simmer and cook for 5 minutes.
5. Remove cover and add cooked chickpeas, honey/maple syrup, harissa (or hot sauce) and stir to coat. Cover and simmer for another 5 minutes.
6. When eggplant is done, remove from oven and add to the pot. Simmer for another 10 minutes.
7. Taste and adjust seasoning. Add more paprika or cumin for smokiness, honey to balance the spice, or salt.
8. Serve over grain of choice. You can also cook up some tofu, chicken, mushrooms or beef to serve with this dish. If you want the sauce to be thicker, you can add some tomato paste to it in step 4.