



“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can’t taste the beauty and energy of the earth in a Twinkie.”

~Astrid Alauda~

Benefits of Carrots

1. **Improves vision**~ the beta-carotene in carrots is converted to vitamin A in the liver, which is then transformed to rhodopsin in the retina, which is a purple pigment necessary for night vision.
2. **Slows down aging/promotes healthier skin** – beta-carotene acts as an antioxidant to cell damage done to the body – including on our skin!
3. **Helps prevent infection** – carrots are known by herbalists to prevent infection. They can be used on cuts – shredded raw or boiled and mashed.
4. **Cleanses the body** – Vitamin A assists the liver in flushing out the toxins from our body. It reduces the bile and fat in the liver. The fibers in carrots help to clean out our colons too.
5. **Protects teeth and gums** – Crunching on carrots can help scrape plaque and food particles off our teeth!

This week’s CSA share contains:

- Assorted Cucumbers
- Assorted Eggplant
- Delicata Squash
- Sweet Nardello Peppers
- Orange Bell Peppers
- Red Flame Hot Peppers
- Tendersweet Cabbage
- Assorted Summer Squash
- Thai Basil
- Rainbow baby carrots



Here is a recipe that incorporates eggplant, delicata squash, cabbage, red flame hot pepper and Thai basil from this week's CSA share!

Thai Basil, Delicata Squash, Eggplant, and Cabbage with Rice

Total Time: 45 Mins.

Servings: 2-4



Ingredients

1-cup rice (chose your type!)	1 ¾ cups coconut milk
1 medium onion, chopped	1 delicata squash
1 lime, juiced	1 bunch Thai basil
2 Tbsp. peanuts, chopped	1 hot pepper, deseeded, diced
1 eggplant, peeled and chopped	salt and pepper to taste
1-inch piece of ginger, minced	1 cup shredded cabbage

Preparation

1. Preheat oven to 475 degrees. Heat a medium pot of water to boiling on high. Once boiling, add the rice and cook for about 30 minutes. Drain and set aside.
2. Cut off the ends of the Delicata. Slice the squash crosswise into ½-inch thick rounds; cut and discard the pulp and seeds. Place squash on a sheet pan, drizzle with oil and season with salt and pepper. Arrange in a single layer and roast for 20 minutes – should be brown and tender when pierced with a fork.
3. Heat 2 tsp. of oil on medium-high heat in a pan. Add ginger, onions, cabbage, eggplant, and hot red pepper. Cook for 2 minutes. Add coconut milk and roasted squash. Cook, stirring occasionally for another 4 minutes. Turn off the heat and stir in the juice of 2 lime wedges.
4. Serve over cooked rice. Garnish with Thai Basil.