

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Moderate

Extra ingredients: Several



Creamy Carrot & Potato Soup

Ingredients

1 tablespoon olive oil

1 cup diced carrots

¼ cup chopped onion

½ teaspoon fresh grated

ginger root or powdered ginger

¼ cup chopped yellow onion

2 cups vegetable broth

2 ½ teaspoons chopped fresh dill

¼ cup milk or milk

substitute (coconut milk works well here!)

Salt & pepper to taste

Directions

- 1) Heat small saucepan on medium-high. Add oil, chopped carrots, onion and ginger. Add potatoes and then broth and bring to a boil. Reduce heat and simmer until potatoes are tender. Strain liquid into separate container.
- 2) Put veggies in a blender or food processor with dill and pour in just enough liquid to cover veggies. Puree in stages if necessary. Discard excess broth. Return veggie puree to pan. Stir milk or milk substitute into the pan with the veggies. Season with salt and pepper. Heat, being careful not to bring it to a boil, serve immediately.

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Tomato, Cucumber, Radish & Parsley Salad

Ingredients

1 medium purple daikon radish sliced thin

2 medium tomatoes, diced

2 medium cucumbers, diced

4 green onions, sliced

½ bunch parsley

1 tablespoon olive oil

1 tablespoon vinegar (rice, white wine, or red wine)

½ teaspoon salt

¼ teaspoon pepper

Directions

- 1) Cut off the greens from the radishes. Wash the radishes and cut off the bottom roots and the top green parts. Chop the radishes into pieces.
- 2) Chop the tomatoes, cucumbers, parsley and green onions.
- 3) Put all cut-up veggies in a bowl.
- 4) Combine oil vinegar, salt & pepper. Drizzle over veggies. Sprinkle with salt and pepper.
- 5) Toss the radish salad with your hands so everything is combined.



Commit to Fresh!

- It's all about routine. The hardest part of making healthy eating part of your schedule is the extra effort it can take to make it come together each week. We're offering **Commit to Fresh** as a tool to make healthy habits part of your routine in the new year.
- Place the product **Commit to Fresh** in your cart to "sign up" between November 29 - December 31. You will receive your first order of 2019 free as an incentive to start off the new year with fresh, healthy ingredients to work with.
- After that, all you have to do is pick up your Share each week, go home and cook some tasty food. We will provide healthy recipes to accompany each Share to inspire you to make easy, healthy, and nourishing meals!

This week's Share items & farms:

Zucchini	Apples
Carrots	Cucumber
Purple Daikon Radish	Banana
Russet Potatoes	Bonus



Chama River Produce

Red Canyon Farm

Vida Verde

White Mountain Farms