



SIMPLE, FRESH FARM BOX MEALS

SEP 13, 2021

Keeping it simple so you can eat well & continue to help sustain local agriculture in our community. Hope you find it useful!

Celery = healthy for us

Here's just a few of the benefits of celery! It has such a small calorie count and such high fiber, that it causes us to actually burn calories more calories than we consume, helping with weight loss.

Detoxifies and balances the digestive system. Regulates blood pressure. Lowers cholesterol. Antibacterial and helps expel excess water.

It's an anti-inflammatory compounds that can be helpful for pain management, especially for arthritis. It's high in Vitamin K that enhances bone density.

Always make sure you get organic celery - because it's porous and retains pesticides.

Chicken & Veggies Pot Pie

YOU'LL NEED

2 boneless, skinless
Chicken Breasts
4 oz cremini mushrooms
1 carrot
1 stalk celery
½ lb Tokyo turnip
1 bu fresh sage
3 T flour
2 T beef broth
2 T Crème Fraîche

ALL YOU HAVE TO DO

1. Poach & shred the chicken - combine chicken, a pinch of salt, & cover with 2" water. Heat to boiling, then remove from stove and cover with a lid. Let stand 15 minutes. Drain chicken and shred into 1 inch pieces using 2 forks on a cutting board.
2. Get the veggies ready - heat oven to 450F. Wash & dry veggies. Cut all the veggies into bite sized pieces. Chop the herbs into thin strips.
3. Cook the veggies - in a large pot with 2 tsp olive oil on medium-high heat. Cook mushrooms 4 minutes, then add carrots, celery and turnips and cook 4 minutes more. Season with S & P.
4. Mix flour and 2 Tbs olive oil together and add to the veggies. Cook for about 1 more minute stirring constantly. Add the crème fraiche, demi-glace, ½ the herbs and 1 ½ Cups water. Cook 5 minutes more stirring frequently till thickened a bit.
5. Add the shredded chicken, season with salt & pepper and transfer to a 9 x 6" baking dish.
6. Make the biscuits- combine biscuit mix and remaining herbs. Season with salt & pepper. Gradually stir in 1/3 cup of cold water and stir to combine.
7. Scoop equal spoonfuls of the biscuit batter on top, leaving a little space in between. Put the baking dish on a cookie sheet and bake 12 minutes until biscuits start to brown.

Veggie Salad & Creamy Balsamic Dressing

- Wash, dry & slice 2 tomatoes, 1 sweet onion, 3 celery, 2 T fresh basil and cucumber into very thin slices (1/8" thin). Gently toss together.
- Whisk ¼ C balsamic vinegar & 2 T heavy cream together in a small bowl.
- Season w/ salt & pepper. Drizzle over salad