



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Polenta - Early Morning Harvest
- Mushrooms - Flavor Creek Fungi
- Carrots - Flint Ridge
- Spinach or Lettuce Mix - Wolff Farms and Field to Family
- Popcorn - The Grain Place
- Potatoes - Wolff Farms

PRODUCE HIGHLIGHT

TYPES OF MUSHROOMS

Mushrooms come in lots of different shapes, sizes, and colors, and they each have a unique look and taste. The ones that aren't toxic happen to be quite healthy, and tasty too! For many years they've been used for their unique ability to add flavor in lots of different cultures' cuisines. Although they're actually fungi, mushrooms are lumped in the vegetable category for cooking purposes.

Mushrooms allow you to add extra taste without sodium or fat. Poisonous mushrooms can be hard to identify in the wild, so you should always buy from a reliable grocery store or market. The most common types found in grocery stores are:

- Shiitake
- Portobello
- Crimini
- Oyster
- Button or White Mushroom
- Enoki
- Beech
- Maitake

When selecting mushrooms, make sure they feel firm, aren't moist to the touch, and are mold-free. They can be stored in a paper bag inside the fridge for about five days. Remember to rinse lightly before use!

Adapted from: www.healthline.com/health/food-nutrition/are-mushrooms-good-for-you // Infographic: Terese Condella/SheKnows

HEALTHY TIP

HEALTH BENEFITS OF MUSHROOMS

Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. They may also mitigate the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. They're also great sources of:

- Selenium
- Copper
- Thiamin
- Magnesium
- Phosphorous

Adapted From: www.webmd.com/diet/health-benefits-mushrooms#2

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|  <p>BUTTON (AKA WHITE)</p> <p>SUBTLE, EARTHY</p> <p>USE: SALADS (RAW), SAUTÉED DISHES</p> |  <p>SHIITAKE</p> <p>SAVORY, MEATY, UMAMI</p> <p>USE: MEAT DISHES, SOUPS, SAUCES</p> |
|  <p>PORTOBELLO</p> <p>MILD BUT MEATY</p> <p>USE: GRILLED OR SAUTÉED, MEAT SUBSTITUTE</p> |  <p>CRIMINI</p> <p>MILD, SLIGHTLY MEATY</p> <p>USE: PASTA, CREAM SAUCES, SOUP</p> |
|  <p>MOREL</p> <p>NUTTY, MEATY</p> <p>USE: CREAMY SAUCES, EGG DISHES, STUFFING</p> | |
|  <p>ENOKI</p> <p>DELICATE</p> <p>USE: SOUPS AND SALADS, JAPANESE CUISINE</p> | |
|  <p>OYSTER</p> <p>DELICATE, SWEET (SOMETIMES WITH A MILD ANISE-LIKE FLAVOR)</p> <p>USE: STIR-FRY</p> |  <p>PORCINI</p> <p>MEATY, NUTTY, CREAMY</p> <p>USE: MEAT DISHES, SOUPS, SAUCES</p> |
|  <p>MAITAKE (AKA HEN OF THE WOODS)</p> <p>RICH, EARTHY, DELICATE</p> <p>USE: SOUPS AND STIR-FRIES</p> |  <p>MATSUTAKE</p> <p>SWEET AND SPICY</p> <p>USE: SOUPS OR SAUTÉE</p> |

CREAMY VEGAN POLENTA

INGREDIENTS

POLENTA

- 1 cup Polenta
- 3/4 cup full-fat coconut milk
- 1 1/4 cups vegetable broth
- 2-3 Tablespoons nutritional yeast flakes or vegan parmesan cheese (optional)

MUSHROOM SPINACH TOPPING

- 1 Tablespoon coconut (or olive oil)
- 1 yellow or white onion, sliced
- 7 oz of mushrooms, sliced
- 2 cloves of garlic, minced
- 1-2 Tablespoons of soy sauce
- 2 cups of spinach, roughly chopped
- Salt and pepper to taste

INSTRUCTIONS

POLENTA

1. Bring coconut milk and vegetable broth to a boil in a pot. Stir in polenta using a whisk.
2. Reduce heat to a low simmer and continue to whisk polenta for 1-2 minutes to avoid lumps. Then cover and let simmer for about 10 minutes, stirring occasionally. (If polenta becomes too thick you can add additional milk or water to thin it.)
3. Once polenta is creamy and smooth, remove from heat. Add nutritional yeast or vegan parmesan and stir (optional).

MUSHROOM AND SPINACH TOPPING

4. Heat oil in skillet. Add onions and mushrooms and fry for about 3 minutes on high heat or until golden brown.
5. Add minced garlic into mixture and stir for 30 seconds. Then add soy sauce and spinach and cook for 1-2 minutes or until spinach is wilted.
6. Add salt and pepper to taste. Serve over polenta and enjoy!

Adapted from: www.biancazaparka.com/en/creamy-vegan-polenta-with-mushrooms-and-spinach/



WATCH & LEARN

COOK THE FEATURED RECIPE



Point a smart phone camera at the QR code to open the video link (or visit bit.ly/ch_polenta) to cook the featured recipe, Creamy Vegan Polenta with a mushroom topping, alongside a chef!

