

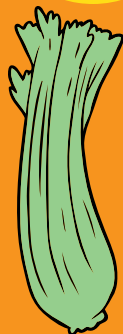
Taking the Market Home

a guide to joyful meals & more....inspired by the market!

November '18



MARKET MENU:



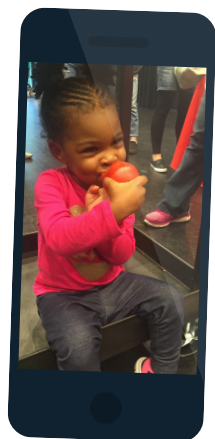
Vegetables:
Sweet Potatoes
Collard Greens
Onions
Celery
Garlic

Fruits:
Bananas
Apples
Pears



Pantry Items:
Thanksgiving Meal Fixins

October Market Moment:
AppleTree Parkland
Joyful Food Market



HARVEST HASH

Prep Time: 10 minutes

Ready In: 15-20 minutes

Serves: 2-3

Ingredients:

1 pear (medium diced)
1 apple (medium diced)
1 medium-sized sweet potato
(medium diced, boiled "al-dente")
½ tablespoon, unsalted butter
½ tablespoon brown sugar
(optional) substitute for honey
½ tablespoon cinnamon
½ teaspoon, dry parsley
pinch of salt
pinch of nutmeg
1 teaspoon lemon juice



Al-dente:

Italian for "to the tooth;
means cooked until
firm to the bite; chewy



Prep and add more
produce to make a
family-size portion.

Steps:

1. In a medium-sized pan, melt butter and spread around the pan.
2. Add diced apples, pears, and sweet potatoes. Saute' and stir well.
3. Add brown sugar and cinnamon and continue stirring.
4. Add a pinch of nutmeg, lemon juice, and dry parsley. Stir.
5. Add a pinch of salt and serve!



Crack an egg over this
hash and serve it up for
breakfast or brunch!



Carrots, turnips,
rutabagas and root
veggies go great here!

Healthy Thanksgiving!

- Move often (get outside if you can or help with chores).
- Eat in the morning (breakfast).
- Drink plenty of water.
- Use a smaller plate to limit calories .
- Chew slowly.
- EnJOY a treat, but limit high amounts of salt, fat and sugar.
- Breathe deeply and give thanks!

KIDS CORNER! Make a Bug Bite:



Course: Snack

Author: Gwen Eager

You will need:

- 6 celery stalks cut into 3 inch pieces
- Red cherry tomatoes - or heirloom cherry tomatoes
- Blueberries
- Apples sliced into thin pieces - maintain the circle shape
- Kiwi sliced into thin pieces - maintain the circle shape
- Your favorite nut butter (peanut butter, almond butter) or similar
- Hummus
- Edible eyes for bakery decorating (can order on Amazon) or similar

Directions:

- Spread either nut butter or hummus onto the celery.
- Top with cherry tomatoes (3-4) or blueberries, sliced apples or kiwis.
- The cherry tomatoes go best with the hummus and the fruit goes best with the nut butter.
- Make "caterpillar" bugs by attaching the edible eyes on the "face" using nut butter or hummus.
- Serve immediately or refrigerate for 1-2 days.

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Joyful Tips + Tidbits!



Canned cranberry sauce isn't just for Turkey Day!

- Spread it on toast.
- Use it as a glaze for poultry and meats.
- Add it to barbecue sauce.



Joyful ways to use leftover celery:

- Juice it
- Pickle it
- Add to stir-fry
- Dip with it
- Make soup or stock

Bonus Recipe: Pear "Applesauce"

Ingredients:

3 medium apples (peeled and chopped)

2 medium pears (peeled and chopped)

¾ cup water

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg



Steps:

1. In a large saucepan, combine apples, pears, water, cinnamon, and nutmeg.
2. Reduce heat; cover and simmer for 15-20 minutes, or until the fruit is tender, stirring occasionally.
3. Mash fruit until you have reached the desired thickness.
4. Serve warm or cold!