

# 2010 Fall/Winter Mobile Farmers Market

## CSA Ready Pantry

### \*WHAT is the Duke Mobile Farmers Market??

- ~ A convenient way to get fresh, local produce, meats, seafood and all natural specialty prepared foods.
- ~ Community Supported Agriculture (CSA): encourages small farmers to sell direct to local customers.

### \*WHEN does it take place??

- ~ October through March on selected Tuesdays: 3-6 pm
- ~ *Walking Fish* is Thursdays: 4-6 pm

### \*WHERE can I find the Mobile Market??

- ~ Sarah P. Duke Gardens Visitor Parking Lot

### \*WHY should I purchase a CSA box??

- ~ Support local agriculture to develop a relationship with a farmer who grows your food
- ~ Eat ultra-FRESH food, with all the flavor and vitamin benefits
- ~ Try new vegetables and new ways of cooking and preparing foods

### \*HOW do I sign up for a CSA??

- ~ Visit: [www.hr.duke.edu/benefits/wellness/mobilemarket](http://www.hr.duke.edu/benefits/wellness/mobilemarket) and print out a registration form to send DIRECTLY to the farmer.

### STOCKING YOUR KITCHEN PANTRY

When your CSA box arrives during the week, it can make your weekly grocery store visit a little tricky. Since you do not know what you are going to get, it is tough to plan menus and keep the kitchen pantry stocked properly.

With a little bit of planning and a few key staples, it is easy as pie to get your pantry CSA ready!

#### \*Keep a variety of **GRAINS** around the house:

- ~ quinoa, brown rice, bulgur, barley, whole grain-bread or tortillas

#### \***PROTEIN** can go a long way toward putting meals together:

- ~ dried or canned beans, nuts, canned tuna, canned salmon

#### \*Key **CONDIMENTS**:

- ~ favorite mustard, hot sauce, olive oil, balsamic vinegar, apple cider vinegar, rice vinegar, sesame oil, mayo (or vegan mayo), mirin, white wine, cheese (feta)

#### \***SPICES/HERBS** to stock up on:

- ~ Herbes de Provence, Italian seasoning, sea salt, black pepper, white pepper, curry powder, cumin, coriander, fresh garlic, parsley, basil





**10<sup>th</sup> Season**  
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### Bulgur with Roasted Eggplant and Peppers

- 5 Cups (1-in cubes) peeled eggplant (about 1lb)
- $\frac{3}{4}$  teaspoon salt, divided
- 1  $\frac{1}{2}$  Cups chopped red bell pepper
- 1  $\frac{1}{2}$  Cups chopped yellow bell pepper
- 2 Cups chopped onion
- 2 tablespoons and  $\frac{1}{4}$  teaspoon olive oil, divided
- Cooking spray
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 1 whole garlic head
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground turmeric
- $\frac{1}{4}$  teaspoon ground ginger
- 1 (15.75-ounce) can fat-free, less-sodium chicken broth
- 1 Cup coarsely ground uncooked bulgur wheat
- 2 tablespoons chopped fresh parsley

Preheat oven to 450°.

Place eggplant in a colander. Sprinkle with  $\frac{1}{2}$  teaspoon salt; toss. Let stand 20 minutes. Drain and pat dry with paper towels. Combine eggplant, bell peppers, onion, and 1 tablespoon oil in a large bowl; toss well. Spread eggplant mixture evenly in a jelly-roll pan coated with cooking spray; sprinkle with  $\frac{1}{4}$  teaspoon salt and black pepper.

Remove white, papery skin from garlic head (do not peel or separate the cloves). Cut off top  $\frac{1}{4}$  inch of garlic head using a serrated knife; discard top. Rub  $\frac{1}{4}$  teaspoon oil over bottom portion of garlic head. Add garlic head, cut side up, to eggplant mixture. Bake at 450° for 40 minutes or until vegetables are browned, stirring occasionally.

Heat 1 tablespoon oil in a large Dutch oven over medium-heat. Add cumin, turmeric, ginger, and chicken broth. Bring to a boil. Stir in bulgur; cover, reduce heat, and simmer over medium-low heat for 20 minutes or until liquid is absorbed.

Remove garlic from eggplant mixture. Separate cloves; squeeze to extract garlic pulp. Discard skins. Stir garlic pulp, eggplant mixture, parsley, and lemon juice into bulgur mixture.



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### Eggplant Salad with Chickpeas and Feta

- 1 large eggplant (or a few smaller one's)
- 1 tablespoon olive oil
- Sea salt
- Ground pepper
- 3 tablespoons fresh lemon juice (1 lemon)
- 2 tablespoons olive oil
- $\frac{1}{2}$  teaspoon coarse salt
- $\frac{1}{4}$  teaspoon ground pepper
- 1  $\frac{1}{2}$  Cups cooked chickpeas, or 1 can (15.5 ounces) chickpeas, drained and rinsed
- $\frac{1}{2}$  cup crumbled feta cheese
- $\frac{1}{4}$  chopped fresh mint leaves

Preheat oven to 475°.

Cut eggplants into 1-inch cubes; divide between two rimmed baking sheets. Drizzle with oil, salt, and pepper; toss to coat. Spread in a single layer; roast, turning once, until golden and tender: 25-30 minutes. Cool on sheets.

In a large bowl, whisk together lemon juice, oil, salt, and ground pepper.

Add roasted eggplant, chickpeas, feta cheese, and chopped mint leaves; toss to combine.

*\*\* Both recipes are favorites of Kelly Velotta, MS RD LDN - Nutrition Manager at LIVE FOR LIFE*