



October 26, 2020

Happy Halloween Week!

This week, we continue to celebrate the turnip! In the halloween spirit, RTB's resident tiger, "Tigre" (kitchen maestro, Laura Killingbeck) shows us how she plays with her turnip friends - which includes juggling and making sauteed turnips. If you need juggling inspiration or are interested in transforming your turnip friends into a delicious dish, watch Tigre here:

<https://youtu.be/TlUoN3HA8Xg>

You may notice that some turnips you receive look to have some tunnels or bore holes carved out near the roots. This is OK! Simply cut off the part and eat the rest of the turnip. The bore holes/tunnels exist because humans are not the only thing interested in eating turnips. Many root crops (such as turnips, radishes, carrots, onions), love to be munched on by little harmless insects. Simply cutting off the damage is easy and allows you to still enjoy your turnip friends, without judging them solely based on physical appearance.

Once you've cooked sauteed turnips with Tigre, you may treat yourself to some pumpkin chocolate chip cookies this week! RTB's Executive Chef Shaun used RTB pumpkins and Equal Exchange chocolate chips to craft these homemade treats for you. We figured you'd appreciate treats over tricks ;)

Items you will be receiving this week include: **please remember to wash all produce, including fruits**

- **Cabbage** (\$4 value)
- **Daikon Radish** (\$2 value)
- **Carrots** (\$3 value)
- **Macomber Turnips** (pictured top right, \$3 value)
- **Purple Top Turnips** (pictured bottom right, \$3 value)
- **Eva's Garden Mixed Greens or RTB Kale** (\$3.50 value)
- **Eva's Garden Pea Greens** (\$5.00 value)
- **Noquochoke Orchards pears & apples** (\$2.75 value)
- **RTB Pumpkin Cookies with Equal Exchange Chocolate Chips** (priceless!)



