



# Fresh Thoughts From the Farm

Newsletter for the Farm, Orchard & GRUB  
programs of the food bank

October 7, 2020

*From the Director:* I want to extend another big THANK YOU for supporting the GRUB Farm through your commitment to our community supported agriculture program and for investing in the lives of our GRUB youth this year. This week is officially the last share of the harvest. There may be a mini harvest of some items, but I'll be keeping in touch as the GRUB AYP progresses and we open up CSA shares for the 2021 season in January. Y'all are always welcome to send me feedback, however this week we would like to share a survey to ask how we can improve the GRUB CSA experience. Please don't be shy, we are all a work in progress. The GRUB AYP welcomed back a cooking program last Saturday and if you can believe it, the kids took home eggplant. Thanks Dr. Tullar-Caroom for your time and service. We will be busy prepping cover crops at the farm and as soon as the leaves drop at the orchard we will be pruning till our chainsaws won't chain any more, or maybe our arms won't be able to lift anymore. Please remember us if you have the heart to volunteer with us in the winter.

REMINDER: As a GRUB CSA shareholder, I'd like to personally extend to you an invitation to host a table at this event. As a Table Captain, all that would be required of you would be to invite at least 8 attendees to the event, to share with them the link to the virtual luncheon, and to let them know why supporting the South Plains Food Bank is important to you. If you're interested in becoming a Table Captain, please contact Meagan Bratton at [mbratton@spfb.org](mailto:mbratton@spfb.org).

Reverisco- Matthew



## **CSA SHARES AVAILABLE THURSDAY AND FRIDAY 7am-4pm 302 76th Street.**

Lettuce, Swiss Chard, Collard greens, Mustard greens, Sorrel

Hot peppers, sweet peppers, jalapenos

Eggplant eggplant eggplant

Yard looooooong green beans

Orchard Apples

Choice of melons

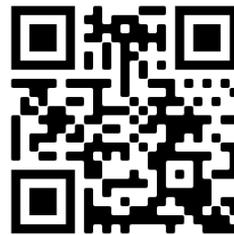
Tarragon, basil, spearmint

Limited: black eyed peas and tomatoes



What is paradise, but, a garden, an orchard of trees and herbs, full of pleasure and nothing there but delights. William Lawson

**Last Harvest: Saturday  
October 10th 9am-12pm.  
See the QR Code to Register  
and we'll see you  
there. Thank you.**



No one lives on the top of the mountain. It's fine to go there occasionally -for inspiration, for new perspectives. But you have to come down. Life is lived in the valleys. That's where the farms and gardens and orchards are, and where the plowing and the work is done. That's where you apply the visions you may have glimpsed from the peaks. Arthur Gordon Webster



Hey I'm starving, I'm gonna go have some eggplant... said no one ever, right?  
Wrong!

<https://www.cdkitchen.com/recipes/recs/494/Quick-Easy-Eggplant86177.shtml>

## Quick & Easy Eggplant

CDKitchen <https://www.cdkitchen.com>

**Serves/Makes:** 4 | **Ready In:** < 30 minutes

### Ingredients:

1 small eggplant, cut into 1/4" slices  
1/4 cup milk or egg white  
1 cup breadcrumbs  
1 tablespoon finely grated Parmesan cheese  
1/4 teaspoon salt and pepper  
2 tablespoons oil  
1/3 cup water

### Directions:

In medium bowl, stir together breadcrumbs, Parmesan, salt and pepper.

In separate bowl, dip each slice of eggplant in the milk and immediately dunk into breadcrumb mixture, pressing firmly on each side.

When all slices are breaded, heat oil in large saucepan over medium heat. Add eggplant slices and brown briefly on both sides, 1-2 minutes. (The oil will be absorbed and the pan will soon be dry.)

Add water and cover with a lid, lowering the heat for the remaining cooking time, 5-7 minutes.

**Recipe Location:** <https://www.cdkitchen.com/jumpto/57050/>

**Recipe ID:** 57050

### Nutrition:

per serving: 212 calories, 9g fat, 27g carbohydrates, 6g protein.