



REMEDY REPORT

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What's INSIDE

The change of season is on the horizon and, before you know it... it'll be fall y'all! With that in mind, we are sharing the freshest produce of the fall season along with some unique and delicious new recipes that incorporate farm fresh fall fruits and veggies. Make sure you also check out the fun treats that will enhance your fall and Halloween parties!

FALL FRUITS & VEGGIES

APPLES
ARUGULA
BEETS
BRUSSEL SPROUTS
CAULIFLOWER
COLLARDS
EGGPLANTS
FIGS
KALE
KIWI
MANGOES
PEARS
PUMPKIN
SWEET POTATOES
SWISS CHARD

Great ways to enjoy fall produce throughout your day!



MANGO KIWI SMOOTHIE

Ingredients

- 2 cups frozen mango
- 2 whole frozen kiwi
- 2 teaspoons chia seeds
- 1/2 cup coconut milk (or any milk)
- 3/4 cup water or coconut water
- Optional: protein powder
- Optional: small handful of fresh spinach

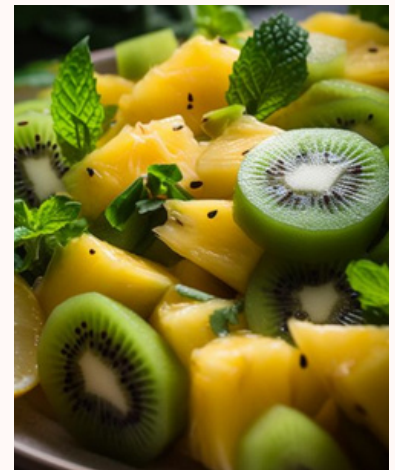
Directions

Add all the ingredients to the blender and blend, starting on low and then increasing the speed. Use a blender tamper as needed to push down the fruit till evenly blended and smooth. Pour into a glass and enjoy cold!

MANGO, PINEAPPLE, & KIWI SALAD

Ingredients

- 2 ripe mangoes, peeled and cut into 1/2-inch pieces
- 2 kiwi fruits, peeled and sliced 1/4-inch thick, cut in half
- 1 fresh pineapple, peeled, cored, and cut into 3/4-inch pieces
- 1 tablespoon fresh lime juice
- 2 teaspoons freshly grated lime peel
- Optional: 2 tablespoons chopped fresh cilantro



Directions

1. Place mangos, kiwi, and pineapple in a large bowl. Toss gently.
2. Add remaining ingredients. Stir to coat.
3. Let stand 10 minutes.
4. Serve at room temperature or refrigerate until serving time.



FIG ARUGULA BEET SALAD

Ingredients

- 4 cups baby arugula
- 1/2 beet, peeled and diced
- 4 figs sliced
- 1/4 cup crumbled goat cheese or feta
- 1/4 cup walnuts or pepitas

Maple Dijon Vinaigrette

- 2 tbsp olive oil
- 1 tbsp Balsamic Vinegar
- 1 - 2 tsp Dijon Mustard
- 1 tsp maple syrup
- Salt Pepper to Taste

Directions

1. In a small bowl or jar, mix together all the ingredients for the maple dijon vinaigrette.
2. Stir with a fork or shake it well to combine. Set aside.
3. Wash and dry the figs. Cut the stems then slice them in quarters or halves.
4. Peel the beet. Cut 1/2 of the beet into small diced cubes.
5. In a big mixing bowl, lightly toss the arugula, beets, figs, and cheese together with vinaigrette (adjust the amount based on your preference).
6. Once plated, drizzle extra vinaigrette on top if needed. Toss on walnuts or pepitas and serve.



ROASTED SWEET POTATO AND FIG KALE SALAD

Ingredients

- 1 large sweet potato chopped
- 6 large figs halved
- 1 head lacinato kale chopped
- 1 head Russian red kale chopped
- 1/3 cup dried cranberries
- 1 tablespoon fresh lemon juice
- 1/4 c walnuts or pepitas

Maple-Cinnamon Cider Vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt to taste

Directions

1. Preheat the oven to 415 degrees F. Spread the sweet potatoes and figs on a large baking sheet. Drizzle with olive oil and sprinkle with sea salt. Use your hands to coat everything in oil. Roast figs for 10 to 12 minutes, until caramelized, and sweet potatoes for 30 to 35 minutes, until golden-brown and crispy.
2. Add the ingredients for the vinaigrette to a small blender, and blend until completely smooth (or whisk vigorously in a bowl until well-combined). Set aside until ready to use.
3. Add the chopped kale to a large serving bowl and drizzle with lemon juice. Use your hands to massage the lemon juice into the kale leaves (this process breaks down some of the fibers in the kale and softens it up). Drizzle desired amount of cider vinaigrette over the kale and toss well until coated. Serve salad with dried cranberries, roasted sweet potatoes and figs, and walnuts or pepitas.



Spicy Garlic Shrimp and Swiss Chard Stir Fry

Ingredients

- 16 fresh shrimp (or frozen, thawed), tails removed
- 6 tablespoons soy sauce
- 3 tablespoons honey
- 1-1/2 tablespoons rice vinegar
- 1-2 tablespoons chili garlic sauce, to taste
- 1-1/2 teaspoons cornstarch
- 2 garlic cloves, minced
- 3-1/2 tablespoons vegetable oil
- 4 large handfuls Swiss chard leaves, stems removed, cut into 2-inch-wide ribbons
- 3/4 red bell pepper, seeds and pith removed, cut into 3-inch-long strips
- Ground black pepper
- Garnish with toasted sesame seeds

Directions

1. In a bowl, add the soy sauce, honey rice vinegar, and chili garlic sauce. Whisk to combine and adjust seasoning as needed.
2. Add the cornstarch to a small cup or bowl. Add about 2 teaspoons water and mix until smooth and runny.
3. Slowly whisk the cornstarch mixture into the soy sauce mixture until combined. Set aside.
4. In a large skillet, add about 2 tablespoons of the vegetable oil to a large skillet over medium-high heat.
5. When hot, add the shrimp in a single layer. Cook 2-1/2-3 minutes on each side. Remove the pan from the heat. Remove the shrimp from the skillet and set aside.
6. In a clean skillet over medium heat, add the remaining oil.
7. When hot, add the bell pepper and cook for a few minutes. Add a pinch of ground black pepper and stir. Add the garlic and cook for about 30 seconds.
8. Add the Swiss chard to the skillet. Quickly whisk the sauce to combine it, then add it to the skillet. Cook and stir for about 30 seconds and add the shrimp. Toss the ingredients to combine.
9. Immediately remove the skillet from the heat and transfer to a service bowl.
10. Serve warm over rice or noodles.

MOROCCAN CAULIFLOWER WITH TAHINI-HONEY

Ingredients

- 4 Tbsp. extra-virgin olive oil, divided
- 3/4 tsp. kosher salt, divided
- 4 Tbsp. mild harissa, divided (such as Mina brand)
- 1 large head cauliflower, trimmed and sliced into florets (about 7 to 8 cups)
- 2 Tbsp. tahini
- 1 Tbsp. honey
- 2 Tbsp. fresh lemon juice, divided
- 1/4 tsp. freshly ground black pepper
- Fresh chopped parsley for garnish (optional)



Directions

1. Preheat oven to 425°F.
2. In a large bowl, combine 2 Tbsp. of the oil, 1/2 tsp. salt, and 2 Tbsp. harissa; mix well. Add cauliflower and toss to evenly coat. Spread on a rimmed baking sheet and bake for 35 minutes, tossing once halfway through, until tender.
3. Remove from oven and toss with remaining 2 Tbsp. harissa; bake for another 5 to 7 minutes, until caramelized and charred in some spots.
4. Meanwhile, prepare Tahini-Honey by combining remaining 2 Tbsp. olive oil, tahini, honey, 1 Tbsp. lemon juice, remaining 1/4 tsp. salt, and black pepper; stir with a whisk. Whisk in 1 Tbsp. water to thin out to desired consistency.
5. Transfer roasted cauliflower to a bowl or serving platter. Drizzle with tahini-honey, and squeeze remaining 1 Tbsp. lemon juice overtop. Garnish with fresh parsley, if desired

FUN TREATS FOR YOUR FALL/HALLOWEEN PARTY



HALLOWEEN CHARCUTERIE

Get classic charcuterie items that are fall colors such as, pepperoni, salami, prosciutto, pickles, olives, chipotle cheddar cheese, gouda, red grapes, blackberries, dried apricots, almonds, and crackers.

Place a plastic skull and pumpkins on your board, assemble, and then “garnish” with plastic spiders. You’re guaranteed to have a SPOOK-TASTICLY DELICIOUS BOARD!

JACK-O-LANTERN-FLOATS

For each float you will take one clear, jack-o-lantern cup. You will pour in Fanta until the cup is 1/3 full. Then you will add a scoop of vanilla ice cream, followed by more Fanta.

Fill the cup. Beware of bubbles. And ENJOY!



CARAMEL APPLE TOPPINGS BAR

Here’s a fun twist on caramel apples!

1. Wash and assemble your hanging cauldrons. Fill them with sliced apples.
2. Melt peanut butter, white chocolate, milk chocolate, and caramel. Put each sauce in a butter warmer and light a tea candle underneath each warmer.
3. Fill the mini cauldrons with toppings like heath toffee bits, m&ms, crushed pretzels, sprinkles, and mini marshmallows.

FUN TREATS FOR YOUR FALL/HALLOWEEN PARTY



BUILD YOUR OWN TRAIL MIX BAR

Set up various ingredients and let people create their own sweet or savory trail mix!

Base: Cheerios, Chex, Goldfish, Granola, Popcorn, Pretzels, Toasted Corn, and Sesame Sticks

Seeds & Sweets: Pumpkin Seeds, Sunflower Seeds, Butterscotch Chips, Caramel Bits, Chocolate Chips, M&Ms, White Chocolate Chips, Yogurt Covered Raisins

Dried Fruit: Apple Chips, Apricot, Banana Chips, Blueberries, Chopped Dates, Craisins, Golden Raisins, Pineapple, Raisins, Strawberries



RICE KRISPIE TREAT HALLOWEEN BRAINS

INGREDIENTS

- 85 g unsalted butter
- 6 cups regular marshmallows
- 4 cups Rice Krispies
- 1/2 tsp salt
- red food coloring

DIRECTIONS

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add the salt in and a drop or more of food coloring and whisk it together. Then add the cereal and mix thoroughly.
3. Oil your hands and shape the Rice Bubbles into ovals. Using a butter knife, put a dent in the middle. Dip a tooth pick into the food coloring and use it to draw veins on the brains. Keep in an airtight container for up to a week.