

CSA / PRODUCE BOX STEW

From the Kitchen of: Jennifer Davis, National Wild Turkey Federation

Preparation Time: 15 minutes | **Cook Time:** 15 minutes | **Yield:** Feeds 2 people

This springtime stew recipe is a flexible way to use early-spring, or stored winter vegetables and “get comfortable with the seasonal veggies that show up around the calendar,” according to Jennifer.

“It was the third year of Artemis Squirrel Camp, an all-women hunting camp in Michigan, and we had waited until the end of the season to hold camp. It was March and very cold, and the squirrels proved to be smarter than us. They were all tucked up in their nests and not coming out at all, which meant that we were relying on the provisions we had each brought home for our supper. There were only three of us at camp that year, and we had scrounged up the ‘extra’ veggies from our weekly CSA, produce box, and garden cold storage, along with a small amount of leftover venison roast,” shares Jennifer.

“If you are familiar with the story of “Stone Soup,” you will know that community is just what you need to make a fine stew for a cold day,” she continued. “We gathered together what we had in our respective coolers and stoked up the camp stove, poured in some water and began to add what we had. Our hearty stew came together with turnips, potatoes, radishes, onions, carrots, celery root, thyme, bergamot, rosemary, venison, salt and pepper, but you can add what you have and make it your own.”



INGREDIENTS:

- About 8 cups of seasonal vegetables chopped into large, bite-sized chunks. Such as:
 - 1 1/2 cups celery root
 - 1 1/2 cups turnips
 - 1 1/2 cups watermelon radishes
 - 2 cups yellow potatoes
 - 1 1/2 cups carrots
 - 1 large onion
 - 2 cloves garlic
- A handful of seasonal herbs, fresh or dried. Such as:
 - 1 teaspoon thyme
 - 1 teaspoon bergamot
 - 1/2 teaspoon rosemary
- Salt and pepper, to taste
- 1 cup of leftover pre-cooked meat cut into bite-sized pieces, if desired
- 4 cups water or homemade stock or broth of choice, more to cover as needed

The women of Artemis Squirrel Camp.

INSTRUCTIONS:

- Wash and chop all of the vegetables. If adding garlic, crush and mince it to release the flavor.
- In a large stock pot over medium-high heat, add all of the vegetables. Add the dried and crushed or chopped herbs.
- Add enough water to cover the veggies and cook on a rapid simmer until the toughest veggie is fork tender, adding water if needed.
- Add in the cooked meat, if desired, and heat through.
- Remove the stew from the heat and serve it with the bread of your choice!



A MEAT LOVER'S GUIDE TO EATING A MORE PLANT-RICH DIET

Tips from community member Randy Schwartz

Eating sustainably doesn't mean you have to give up your favorite foods! When trying to reduce the carbon footprint of your diet, consider gradually lessening the amount of higher-carbon foods, like meat and dairy, that you eat over time.

Community member, Randy Schwartz, suggests incorporating small amounts, or "morsels" of meat into dishes that feature a variety of plant-based ingredients. "If meat or fish cease to be the center of attention, and instead becomes one of many elements that provide texture and flavor," Randy says, "then (1) the dish tends to be more succulent and delicious; (2) you're headed towards a one-dish meal, which means less time spent cleaning up afterward; and (3) you're doing your part to reduce the global prioritization of animal based-foods."

Some of Randy's suggested ways to do this include:

- Using ground beef not to make hamburgers, but instead as an ingredient in a casserole, such as lasagna or shepherds pie
- Incorporating chopped meat or seafood into pasta sauces, stews, soups, or chowders
- Using morsels of cooked chicken, pork, or beef in Asian-style soups or stir fries, alongside other ingredients such as broccoli, peas, bean sprouts, radish, mushrooms, ginger, or onion.

If you cook your protein ahead of time and pre-cut it into morsels, you'll also save time on meal preparation! Using leftover pre-cooked meat (as in this stew recipe) is a great way to make sure none of your animal-based ingredients are going to waste.