

HarvestShare Recipes

Week 2 of 24

Anathoth Community Garden & Farm

*Welcome to a new season
of sharing in the harvest!*

What's in the box?

Storage tips: Store leafy greens, lettuce, and radishes in plastic bags in the fridge. Store strawberries in the fridge unless you eat them the same day! **Take a moment to store your veggies right and gain a week of freshness!**

FULL BOXES

- **Strawberries**
- **Extra strawberries** (second portion)
- **Romaine/buttercrunch head lettuce**
- **Broccoli or spinach**
- **Radishes or arugula**
- **Lettuce mix or Buttercrunch lettuce**
- **"Curled Siberian" kale:** Saute, stir-fry, steam, boil, toss into a smoothie
- **Rainbow Swiss chard or lacinato kale:** Cook like Curled Siberian kale or like spinach!
- **Herb seedlings** for those who pre-ordered from the newsletter (more coming May 23)

HALF BOXES

- **Strawberries**
- **Spinach or spring onions**
- **Head lettuce** (Romaine or buttercrunch)
- **"Curled Siberian" kale:** See above!
- **Rainbow Swiss chard or collards:** See above!
- **Herb seedlings:** For those who pre-ordered from the newsletter (more

Green Goddess Pasta

Adapted from The Rose and Bean. Thanks to HarvestShare member Maggie Mraz for the recommendation! Serves 5. Total time 35 min.

Ingredients:

- 1 sprig fresh basil
- 1 bag spinach or 1 bunch chard
- 1 bunch kale or chard
- 1 onion, chopped
- 2 garlic cloves, minced
- Optional: 1 head broccoli cut into florets
- Optional: ½ lb frozen peas
- 1 cup coconut milk
- ¼ cup water
- 1 teaspoon cumin
- 1 tablespoon oil
- Salt and pepper to season
- 1 lb your favorite pasta
- Optional: pumpkin seeds to serve

Directions:

- 1.)** In a large saucepan, heat oil over a medium heat. Once hot, add chopped onions and sauté until soft (3-5 min). Add garlic and broccoli and frozen peas (if using). Mix well, reduce the heat to low, cover the saucepan and leave to 'sweat' for 15 min.
- 2.)** Remove the lid, stir and then add kale, spinach and/or chard, basil, cumin and pour in your coconut milk and water. Bring to a boil, and once boiling, reduce to a simmer. Simmer until veggies are soft, about 5-10 min. Let cool slightly, then using a high speed blender, blend until completely smooth. Put back on the heat, and season to taste
- 3.)** Meanwhile, cook pasta according to the package instructions. Once pasta is cooked, add to your sauce and stir well. Optional: scatter pumpkin seeds for an extra nutrition boost. Serve and enjoy.

Five-Day Sample Meal Plan

Day 1: Green Goddess Pasta with side salad with lettuce and/or spinach

Day 2: Any Greens Mac /N Cheese with a side salad

Day 3: Breakfast for dinner: scrambled eggs with greens, kale and strawberry smoothie

Day 4: Pizza topped with greens and spring onions (lightly sautéed together before baking)

Day 5: Salad bowl dinner: Huge salad topped with any combo of nuts, cheese, fruits, chicken, bacon, etc.!

Any Greens Mac 'N Cheese

Delicious. Use ANY combo of leafy greens/broccoli. Adapted from Early Morning Farm. Serves 4-6.

Ingredients:

- 4 tablespoons butter, plus more to grease pan
- Optional: 3 cups cubed bread
- 3 cups milk
- 1/4 cup all-purpose flour
- 1 teaspoon salt + 1 tablespoon for boiling water
- 1/8 teaspoon mustard powder
- 1/8 teaspoon cayenne pepper
- 2 cups grated sharp white cheddar cheese
- 1 cup grated Parmesan cheese
- 1/2 pound macaroni or other tube shaped noodle
- 1-2 bunch greens (any combo of Swiss chard, spinach, kale, collards, broccoli, etc.!), chopped

Directions:

- 1.)** Preheat oven to 375°F. Grease a 3-quart casserole dish. Bring a large pot of water to a boil with one tablespoon salt. Cook pasta and greens together for 5 minutes. Drain and set aside.
- 2.)** Make the sauce. Warm the milk in a medium saucepan over medium heat. Melt the butter in a saucepan over medium heat. When the butter bubbles, add the flour. Cook, stirring, 1 minute. Whisk in the hot milk a little at a time to keep mixture smooth. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick, 8 to 12 min.
- 3.)** Remove the pan from the heat. Stir in salt, mustard powder, and cayenne pepper. Add 1 1/2 cups cheddar cheese, and 3/4 cups Parmesan. Stir the pasta and greens into the sauce.
- 4.)** Transfer the macaroni mixture into the prepared dish. Sprinkle the remaining cheese over the top, and then the bread cubes (if using). Bake until golden brown, about 30 min.