

# HarvestShare Recipes

Week 3 of 24

Anathoth Community Garden & Farm

*Thank you for 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)
- **Head lettuce** (Romaine or buttercrunch)
- **Spinach or broccoli**
- **Turnip greens with baby Hakurei turnips:** Saute/stir-fry/steam the delicious greens, and eat the mild and juicy turnips whole or lightly roasted/sautéed.
- **Collards:** Saute, stir-fry, steam, boil
- **Arugula:** Eat fresh in salad, make into pesto, use as a herb-like garnish, steam/saute lightly.
- **Baby Red Russian kale:** Small, frilly, green with purple stems. Toss whole or lightly chopped into a stir-fry or dish!

### HALF BOXES

- **Strawberries**
- **Broccoli shoots/broccolini**
- **Head lettuce** (Romaine or buttercrunch)
- **Radishes OR arugula**
- **Collards:** Saute, stir-fry, steam, boil

## Oven Polenta with Cheese, and Almost Any Veggies!

*"From Asparagus to Zucchini." Serves 4-6*

### Ingredients:

- 1-2 onions, sliced
- 1 cup yellow cornmeal (medium grain)
- 4 ½ cups stock, divided
- Salt and pepper
- 2 tablespoons butter
- 2 teaspoons sugar
- 2 teaspoons vinegar (such as cider vinegar)
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon crushed red chile flakes (optional)
- 1-2 bunch greens/veggies (kale, collards, turnip greens, broccoli/broccolini, spinach, etc.), with thick stems cut or torn out if using big greens, leaves chopped
- 4 ounces your favorite cheese (original recipe recommends blue cheese), crumbled

### Directions:

- 1.) Preheat oven to 350 degrees F. Oil a large ovenproof skillet (preferably nonstick). Add cornmeal, 4 cups stock, and 1 teaspoon salt; stir well (it won't get smooth until it's cooked). Bake, uncovered, *without stirring*, until liquid is absorbed, 40-50 min.
- 2.) Meanwhile, melt butter over medium heat in a skillet. Add sliced onions, sprinkle with salt, and cook until nearly tender, 8-10 minutes, shaking pan frequently to prevent sticking. Add sugar and continue to cook, shaking pan, 2 to 3 min. Add remaining ½ cup stock and vinegar. Raise heat; cook until liquid becomes a glaze, again shaking pan. Remove onions to a bowl.
- 3.) Wipe out skillet; add olive oil. Add garlic, chile flakes, and greens; cook, stirring often, until tender, 4-5 min. Stir in onions; add salt and pepper to taste. When polenta is done, serve it in wide shallow bowls topped with greens and crumble cheese.

## Five-Day Sample Meal Plan

**Day 1: Oven Polenta with Cheese and Almost Any Veggies**, with side salad with lettuce/arugula/spinach

**Day 2: Roasted Radishes/Turnips** as a side to a pork/chicken roast OR Week 2's Mac 'N Cheese

**Day 3: Breakfast for Dinner:** Scrambled eggs with greens + strawberry and greens smoothie

**Day 4: Salad Bowl Dinner:** Huge salad topped with greens and your favorite proteins (nuts, cheese, chicken, bacon, etc.)

**Day 5: Fried Egg Bowl Dinner:** Any leftover veggies from the week, stir-fried, served over rice and topped with a fried egg

## Roasted Radishes/Turnips with Brown Butter, Lemon, and Radish/Turnip Tops

*Adapted from Epicurious. Serves 2-4.*

"Brief high-heat roasting mellows a radish's (or turnip's) peppery flavor and turns it into a whole new root vegetable. Using the green tops adds color and amps up the flavor. Be sure to rinse the green tops thoroughly before using them."

### Ingredients:

- 1 bunches medium radishes/baby turnips
- 1 1/2 tablespoons olive oil
- Coarse kosher salt
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon fresh lemon juice

### Directions:

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish/turnip tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish/turnip tops and set aside. Cut radishes/turnips lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat.

Place radishes/turnips, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes/turnips are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes/turnips to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish/turnip tops and serve.