

HarvestShare Recipes

Week 4 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 turnips 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**
- **Cabbage:** Chop fresh for slaw or saute/steam/boil
- **Broccoli shoots/broccolini**
- **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
- **Rainbow Swiss chard:** Saute, stir-fry, steam, boil – cook like spinach
- **Spring onions**
- **Kale:** Saute, stir-fry, steam, boil, massage into a salad, use in a smoothie
- **Lettuce mix with pea shoots**

HALF BOXES

- **Strawberries**
- **Spring onions**
- **Cabbage OR turnip greens with baby Hakurei turnips:** See descriptions above
- **Rainbow Swiss chard:** See above
- **Baby Red Russian kale:** Small, frilly, green with purple stems. Toss whole or lightly chopped into a stir-fry or dish!

Creamed Swiss Chard and Spring Onions Pasta

From Early Morning Farm.

Ingredients:

- 1 bunch Swiss chard, stems removed, cut into thin ribbons
- 2 spring onions, thinly sliced
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- Salt + pepper to taste
- 1/2 cup finely grated Parmesan, plus more for serving
- 1/2 lb pasta

Directions:

1.) Place chard in a large covered pot. Cook over medium low heat about 5 minutes, or until softened. Transfer to a strainer and squeeze water out until chard is very dry, set aside.

2.) Cook pasta according to package directions in a large pot of salted water. Drain and reserve. Warm milk in a saucepan. Keep warm on the stove.

3.) Melt butter over medium heat. Cook onions with a pinch of salt and pepper until completely softened. Whisk in flour. Cook roux about 4 minutes, whisking occasionally. Stream in the warm milk, and cook for about 4 more min., whisking constantly until sauce is thickened. Mix in Parmesan and stir until smooth. Remove from heat and add cooked Swiss chard. Toss cooked pasta with chard and onion mixture. Taste and adjust salt and pepper. Serve with extra Parmesan.

Gluten Free Variation: I have made this with Bob's Red Mill Gluten Free All Purpose Flour and brown rice noodles with great results.

Add bacon: Before you sauté the onions crisp 1/4 – 1/2 lb bacon sliced into lardons. Remove bacon from the pan and drain all but one tablespoon of bacon fat from the pan. Reduce butter to 2 tablespoons and follow directions as written.

Five-Day Sample Meal Plan

Day 1: Creamed Swiss Chard and Spring Onions Pasta, with side salad with lettuce

Day 2: Cabbage and Apple Slaw with Honey-Lime Dressing on tacos (black bean, pork, chicken, fish, beef – your favorite!)

Day 3: Pizza: Topped with any sautéed veggies, served with a side salad

Day 4: Fried rice with any veggies

Day 5: Grits Bowl: Any leftover veggies from the week, stir-fried, served over rice and topped with cheese and/or an egg

Cabbage and Apple Slaw with Honey-Lime Dressing

Adapted from the Kitchn. Serves 8.

Ingredients:

- 1/2 small cabbage (about 1 pound), cored, quartered, and thinly shredded
- 2 teaspoons kosher salt
- 1 small Granny Smith apple, cored, quartered and cut into matchsticks (about 1 cup)
- 1 bunch spring onions (white/purple and tender green parts), chopped (about 1/2 cup)
- 1/2 cup mayonnaise
- 1/4 cup honey
- 3 tablespoons whole-grain Dijon mustard
- Freshly grated zest of 1 medium lime
- Juice of 1 medium lime
- Optional: 1 teaspoon poppy seeds
- Freshly ground black pepper
- 1/2 cup pecan pieces, toasted if desired

Directions:

1.) Toss together the cabbage and salt in a colander. Place over a large bowl to collect the liquid and let stand for up to 1 hour at room temperature. Discard the accumulated liquid, wipe out the bowl, and transfer the cabbage into it.

2.) Core and cut the apple into matchsticks and add to the cabbage. Chop the scallions into small pieces and add to the cabbage. Toss to combine.

3.) Place the mayonnaise, honey, mustard, lime zest, lime juice, and poppy seeds in a small bowl and whisk to combine. Pour over the cabbage mixture and toss thoroughly. Taste and season with pepper as needed.

4.) Serve immediately or cover and refrigerate. Stir in the pecans just before serving.