

HarvestShare Recipes

Week 6 of 24

Anathoth Community Garden & Farm

Thank you for sharing in the harvest!

What's in the box?

Storage tips: Store leafy greens, squash, spring onions, and beets in plastic bags in the fridge. Store new potatoes and 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
- Beets – eat both the roots and greens!
- Summer squash/zucchini OR new potatoes – the most tender potatoes of the season, hand-dug!
- Spring onions
- Head lettuce
- Rainbow Swiss Chard
- Kale: Saute, stir-fry, steam, boil, massage into a salad, use in a smoothie
- Cabbage OR broccolini

HALF BOXES

- Beets – eat both the roots and greens!
- Kale
- Spring onions
- Head lettuce
- New potatoes -- the most tender potatoes of the season, hand-dug!

Pan-Crisped Beet Salad with Buttermilk Dressing

You can use this dressing for lettuce-based salads, too!

Ingredients:

- 1 bunch beets
- 1 bunch beet greens and/or lettuce greens

Dressing:

- 1/4 cup Greek yogurt
- 2 tablespoon buttermilk
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1 clove garlic, grated
- 1/2 teaspoon of salt
- fresh ground black pepper

Directions:

1.) Preheat the oven to 400°F. Bake the beets. Remove the beets from the greens. Scrub the beets clean, leave the stem end and bottoms intact and lay onto a piece of foil. Drizzle with oil and fold into a packet. The size of the beets will depend on the baking time. For large beets it can take over an hour. Smaller beets can be done in 30-40 minutes. Beets are done when a fork easily slides in. Let the beets cool in the foil and then rub off the skins, the tops and bottom should slide right off.

2.) Dress the beet greens/lettuce. If using beet greens, cut the stems off the greens, then chop or tear into bite size pieces. Wash and thoroughly dry. Place in a bowl.

3.) Make the dressing. Combine the ingredients in a small bowl and whisk together. Toss the greens and dressing together.

4.) Crisp the beets. Chop the beets in half, or for larger beets in quarters. Heat a thin layer of olive oil in a pan and add the beets in batches, crisping on all sides. Watch the beets carefully to avoid burning. Transfer the beets to a wire rack or plate and let cool. Sprinkle with salt.

5.) Transfer the greens to a serving dish or platter and top with the beets.

Shakshuka: Eggs Nestled in Sautéed Greens

Adapted from Once Upon a Chef. Serves 4-6.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 spring onions, chopped
- 3 cloves garlic or 2-3 garlic scapes, chopped
- 3/4 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon crushed red pepper flakes
- 1-1/2 teaspoons salt, divided
- 1 teaspoon sugar
- 1 28-oz can diced tomatoes, with juices
- 2 cups finely chopped greens, ribs removed, gently packed
- 1/2 cup heavy cream
- 3 ounces feta cheese, crumbled
- 6 eggs

Directions:

1.) In a large oven-proof skillet, heat oil over med. heat. Add the onions and garlic and cook, uncovered, ~8 min, until soft. Add the spices, 1-1/4 teaspoons of the salt, sugar, and tomatoes. Cook, uncovered, stirring occasionally, about 10 min, or until sauce is slightly thickened.

2.) Add the chopped greens and cream to the sauce. Continue cooking, uncovered, stirring occasionally, until the greens are wilted, about 10 min. Meanwhile, set an oven rack in the top position and preheat the broiler.

3.) Remove skillet from the heat. Using a spoon, make 6 wells/indentations in the sauce. Crack an egg into each well, then spoon a bit of sauce over each egg white (to contain them and help them cook faster than the yolks), without disturbing the yolks. Sprinkle the eggs with the remaining salt, then sprinkle feta around the eggs. Set the pan back on the stove over low heat and cover with a lid. Cook for 5-7 min., until egg whites are mostly set but still translucent on top. (Check frequently towards the end as cook time can vary.)

4.) Remove the lid; transfer skillet to the oven. Broil until the eggs are cooked to your taste, ~1 min. for runny yolks.

Five-Day Sample Meal Plan

Day 1: Pan-Crisped Beet Salad with Buttermilk Dressing

Day 2: Shakshuka with bread and a side salad

Day 3: Cornbread and pinto beans, with greens (kale, chard, and/or beet greens) cooked in wine, from Week 1

Day 4: Grilled cheese sandwiches with steamed/sautéed greens (kale, chard, and/or beet greens) tucked inside, with caramelized onions and a side salad

Day 5: Peanut curry with any mix of veggies