

HarvestShare Recipes

Week 11 of 24

Anathoth Community Garden & Farm

Thank you for sharing in the harvest!

What's in the box?

Storage tips: Store all veggies this week in plastic bags in the fridge. **Take a moment to store your veggies right and gain a week of freshness!**

FULL BOXES

- Double serving of blueberries!
- Cucumbers – double serving!
- Shishito peppers (see recipe!)
- Green beans
- Summer option: cherry tomatoes, squash, OR peppers
- Melon OR extra blueberries

HALF BOXES

- Blueberries
- Cucumbers – double serving!
- Squash/zucchini
- Eggplant OR peppers

Thai Cucumber and Peanut Salad

Adapted from Early Morning Farm. Serves 4.

Ingredients:

- 4 cups cucumber, sliced
- Optional: ¼ cup cilantro, chopped

Dressing:

- 1/4 cup natural unsweetened peanut butter
- 1/4 cup water 1 clove garlic, grated or minced
- 1 tablespoon grated ginger
- 1 tablespoon toasted sesame oil
- 1/2 tablespoon GF tamari or shoyu soy sauce
- 1 tablespoon rice vinegar
- Optional: teaspoon of dried chilies or sriracha hot sauce

Directions:

Blend the dressing ingredients with an immersion blender. Taste and adjust consistency by adding water. You can also add more tamari if you prefer. Toss the sliced cucumber with the dressing in a large bowl. Enjoy!

How to Roast Shishito Peppers

Start with a pint of peppers, 1/2 tablespoon oil, and salt. Place a large skillet under the broiler or on the stovetop over high heat to warm. In a mixing bowl, drizzle the peppers with cooking oil and a healthy sprinkle of salt. Use your hands or a spatula to toss the peppers until evenly coated. When the skillet is hot enough that a flick of water evaporates instantly, pour the peppers into the skillet. Be careful — the pan is very hot! The peppers should start to sizzle immediately. Cook the peppers without moving them for a few minutes so they char on the bottom, then stir with a spatula. Continue cooking and stirring every minute or two until the peppers are blistered and darkened all over, 5 to 6 min. total. Remove from the pan, sprinkle with salt, and enjoy!

Grilled Eggplant with Mozzarella

Adapted from Early Morning Farm.

Ingredients:

- 2 eggplants, Japanese or Italian or one of each, sliced lengthwise into 1/3 inch slabs
- Sea Salt
- Fresh ground pepper
- Olive oil for brushing
- 1 8oz mozzarella ball, sliced
- Optional: 1 or 2 peppers or squash, sliced

Directions:

Sweat the eggplants. Generously sprinkle both sides of each eggplant slab with sea salt. Let sit until salt dissolves and water appears on the surface, about 10 minutes. Rinse under cool water, and thoroughly dry using a salad spinner or kitchen towel. Brush each side of the eggplant with olive oil, and sprinkle with fresh ground pepper.

Preheat grill to high. Grill eggplant for 1 – 2 minutes, then flip. Immediately add a layer of peppers/squash if using and then mozzarella. Close grill and grill 1- 2 minutes until cheese is melted and starting to brown. Remove from grill and serve warm.

Five-Day Sample Meal Plan

Day 1: Thai Cucumber and Peanut Salad served with your favorite grain

Day 2: Grilled Eggplant with Mozzarella

Day 3: Blueberry smoothie served with roast potatoes and eggs scrambled with sautéed veggies

Day 4: Jambalaya with roasted veggies

Day 5: Summer pasta salad + fruit salad, incorporating any leftover veggies/herbs/flowers/fruits