

HarvestShare Recipes

Week 12 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

- Cherry tomatoes! (Orange "Sungold" variety OR red "Supersweet" variety)
- Melon (cantaloupe OR watermelon)
- Cucumbers (double serving)
- Bell or Shishito peppers (see recipe!)
- Summer squash/zucchini
- Head lettuce!
- Eggplant OR okra

HALF BOXES

- Blueberries
- Melon (cantaloupe OR watermelon)
- Head lettuce!
- Shishito peppers (see recipe!)
- Cucumbers

Cucumber Melon Salad

Adapted from *the New York Times*. Serves 4.

Ingredients:

- 4 cups any combo of diced watermelon, honeydew and cantaloupe
- 2 cups diced cucumber (can seed it if you want, but not necessary)
- Salt to taste
- 1 teaspoon lemon or lime zest
- 2 tablespoons freshly squeezed lemon or lime juice
- 1 to 2 tablespoons chopped fresh mint
- 1 ounce feta cheese, crumbled
- Optional: ¼ to ½ teaspoon Aleppo pepper or mild chili powder (to taste), or 1 serrano chile, minced
- 2 tablespoons extra virgin olive oil

Directions:

Combine all of the ingredients in a large bowl. Toss together just before serving.

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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!

Eggplant Salad with Walnuts and Garlic

Adapted from *Cooking in the Moment* by local Lantern chef Andrea Reusing. Serves 4.

Ingredients:

- 1 -1.5 lbs eggplant
- 2 garlic cloves, crushed
- 1 teaspoon kosher salt
- Juice of 1 lemon
- ¼ cup olive oil
- Optional: 1 teaspoon mild Anaheim chile flakes, or ½ teaspoon regular chile flakes
- ¾ cup walnuts, lightly toasted and any loose skin rubbed off
- ¼ cup coarsely chopped fresh flat-leaf parsley

Directions:

Cut each eggplant into chunks about 1-2 inches. In a vegetable steamer over medium-high heat, and in batches in necessary, steam the eggplant for 10 to 12 minutes, or until it is tender but not yet falling apart. Let the eggplant cool on a plate, discarding any liquid that accumulates.

Mash the garlic and salt together into a smooth paste, using the side of a knife. Transfer the paste to a medium bowl and stir in the lemon juice, olive oil, and chile flakes. Coarsely chop the walnuts and add them. Add the parsley and eggplant, and mix well.

Five-Day Sample Meal Plan

Day 1: Cucumber Melon Salad, served with crusty bread and your favorite spread (cheese, hummus, etc.)

Day 2: Eggplant Salad with Walnuts and Garlic

Day 3: Summer spring rolls using rice paper, with chopped fresh or steamed/grilled veggies, rice noodles, peanut sauce, and grilled chicken or tofu

Day 4: Quesadillas with roasted veggies, served with roasted shishito peppers on the side

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