

HarvestShare Recipes

Week 13 of 24

Anathoth Community Garden & Farm

Thank you for sharing in the harvest!

What's in the box?

Storage tips: Store all veggies *except* slicing tomatoes in the fridge. Store slicing tomatoes at room temperature.

*Watermelons can be stored either at room temp or in the fridge. **Take a moment to store your veggies right and gain a week of freshness!**

FULL BOXES

- **Heirloom slicing tomatoes!** All tomatoes are ripe when you receive them – including the purple-green “Cherokee Purple,” pink “German Johnson,” and red “Big Beef”
- **Watermelon**
- **Cucumbers (double serving)**
- **Shishito peppers** (see recipe from past weeks!)
- **Summer squash/zucchini**
- **Blueberries**
- **Summer special: cherry tomatoes, cantaloupe, OR “Lunchbox” peppers** (colorful, sweet, bite-sized)

HALF BOXES

- **Cherry tomatoes!** (either orange “Sungold” or red “Supersweet” – all are ripe when you receive them)
- **Watermelon**
- **Summer squash/zucchini**
- **Cucumbers**
- **Beans OR purple peppers**

Chinese Smashed Cucumbers w/ Sesame Oil & Garlic

Adapted from the New York Times. Serves 4-6.

Ingredients:

- ~2 pounds cucumbers (8- 10 mini, 4 medium, or 2 large)
- 1 teaspoon kosher salt, plus more for cucumbers
- 2 teaspoons granulated sugar, plus more for cucumbers
- 1 ½ tablespoons rice vinegar
- 2 teaspoons sesame oil
- 2 teaspoons soy sauce
- 1 tablespoon grapeseed or extra-virgin olive oil
- 2 large garlic cloves, minced or put through a press
- Red pepper flakes, to taste
- Small handful whole cilantro leaves, for garnish
- 2 teaspoons toasted white sesame seeds (optional)

Directions:

- 1.)** Rinse cucumbers and pat dry. Cut crosswise into pieces about 4 inches long. Cut each piece in half lengthwise. On a work surface, place a piece of cucumber (or several) cut side down. Lay the blade of a large knife flat on top the cucumber and smash down lightly with your other hand. The skin will begin to crack, the flesh will break down and the seeds will separate. Repeat until the whole piece is smashed. Break or slice diagonally into bite-size pieces, leaving the seeds behind.
- 2.)** Place the cucumber pieces in a strainer and toss with a big pinch of salt and a big pinch of sugar. Place a plastic bag filled with ice on top of the cucumbers to serve as a weight and place the strainer over a bowl. Let drain 15-30 min. on the counter, or in the refrigerator, until ready to serve, up to 4 hours.
- 3.)** Make the dressing: In a small bowl, combine salt, sugar and vinegar. Stir until salt and sugar are dissolved. Stir in sesame oil and soy sauce. When ready to serve, shake cucumbers well to drain off any remaining liquid and transfer to a serving bowl. Drizzle with grapeseed/olive oil and toss. Add half the dressing, half the garlic and the red pepper flakes to taste, and toss. Keep adding dressing until cucumbers are well coated but not drowned. Add more pepper flakes and garlic if needed. Serve immediately, garnished with cilantro and (optional) sesame seeds.

Five-Day Sample Meal Plan

Day 1: Chinese Smashed Cucumbers, served with noodles or rice and toasted walnuts

Day 2: Summer Squash Parmesan Chips, served with burgers/veggie burgers

Day 3: Tomato sandwiches with slicing and/or cherry tomatoes

Day 4: Fresh mozzarella sandwiches, with any combo of tomatoes, cucumbers, grilled/roasted squash or peppers, etc.

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

Summer Squash Parmesan Chips – with optional Smoked Paprika Aioli

Adapted from Early Morning Farm. Serves 4.

Ingredients:

- 1 lb summer squash (about 2, any variety)
- 1 1/2 cups breadcrumbs/panko or homemade breadcrumbs
- 1 1/2 cups grated Parmesan cheese
- salt & pepper
- 3 eggs
- Olive oil

For the aioli:

- 1/2 cup mayonnaise
- 1/2 teaspoon smoked paprika
- 1 clove garlic, grated
- 1 teaspoon of lemon juice
- Salt to taste

Directions:

- 1.)** Preheat oven to 450°F. Coat two baking sheets with olive oil and set aside. (I pour a drizzle of oil over the sheets, then spread it with a silicone brush.)
- 2.)** Slice zucchini into 1/4-inch thick rounds. Combine cheese, crumbs, salt and pepper in a separate bowl. Place the eggs in a separate bowl and lightly beat them. Set the bowls up near the baking sheets so you can bread them, then arrange them on the sheets.
- 3.)** Dip each zucchini slice in eggs, hold it up over the bowl to let the excess run off. Place the slice into the bread crumb mixture, sprinkle some over the top and press onto each slice. Flip and repeat. Arrange in single layer on baking sheets. Bake until crisp, 20 – 25 minutes. You can flip halfway through, but mine were fine without flipping and super crispy. Use a spatula to transfer to a rack for cooling and enjoy at once with the aioli.
- 4.)** To make the aioli, combine all the ingredients, except the salt in a small bowl. Mix to thoroughly combine, then season with salt and pepper.

