

# HarvestShare Recipes

Week 15 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 and uncut watermelons* in the fridge. Store slicing tomatoes and uncut watermelons at room temp – but store in the fridge once you slice them open! \*Unlike watermelon, cantaloupe should be stored in the fridge. **Take a moment to store your veggies right and gain a week of freshness!**

### FULL BOXES

- **Slicing tomatoes!** All varieties are ripe or close to ripe (1-2 days sitting on the counter may bring them to peak) when you receive them
- **Cherry tomatoes, double portion!** (all varieties are ripe when you receive them)
- **Watermelon or cantaloupe**
- **Cucumbers**
- **Shishito peppers** (pan-roast whole)
- **Extra shishito peppers** (which would be a quart portion total) OR extra melon
- **Summer squash/zucchini**
- **Poblano peppers** (broil – great for salsa!)

### HALF BOXES

- **Slicing tomatoes** (see above)
- **Cherry tomatoes!** (see above)
- **Cucumbers**
- **Beans or melons** (Wed boxes) **OR squash or melons** (Thurs/Sat boxes)
- **SWEET (not hot) colorful mini Lunchbox peppers** – perfect for snacking!

## Cucumber Melon Salad with Mint – another variation!

*Adapted from The Splendid Table. Serves 2 as a main dish, 4 as a side.*

### Ingredients:

- 2 medium cucumbers, peeled and seeded if you want to, and cut into 1-inch pieces (about 1-1/2 cups)
- Salt
- 1 garlic clove, peeled and halved
- 1-1/2 cups ripe cantaloupe or watermelon, seeded and cut into 1-inch chunks
- 1/4 tightly-packed cup fresh spearmint leaves, torn
- 1 heaping tablespoon finely snipped chives, or scallion tops
- 1 tablespoon white wine or vinegar, more to taste
- 1 tablespoon good tasting extra-virgin olive oil, or more to taste
- Freshly ground black pepper to taste
- 1/4 to 1/2 teaspoon of sugar, if needed to sweeten the melon
- 1/4 cup crumbled young sheep cheese such as Ricotta Salata, Cacio di Roma, Pecorino or feta

### Directions:

- 1.) Sprinkle the cucumber with salt, roll up the pieces in a double thickness of paper towel and let rest in the refrigerator for 30 minutes. Unwrap and pat dry.
- 2.) Rub a serving bowl with the garlic. Add the cucumber, melon, mint, chives, vinegar and 1 tablespoon of oil. Gently combine. Season to taste with more oil or vinegar, salt, pepper, and sugar, if needed.
- 3.) Serve topped with crumbled spoonfuls of cheese **and eat immediately.**

## Five-Day Sample Meal Plan

- Day 1: Cucumber Melon Salad**, served with your favorite bread and slices of cold cuts and cheese
- Day 2: Summer sandwiches with refrigerator pickles**, and your other favorite sandwich toppings
- Day 3: Tacos** with chopped/sautéed veggies and **Poblano salsa** and/or other homemade tomato salsa
- Day 4: Melon, cucumber, feta salad**
- Day 5: Pita sandwiches** with hummus and leftover fresh chopped and/or sautéed veggies

## Smoky Roasted Poblano Pepper Salsa

*From the Kitchn. Makes about 1 1/2 cups.*

### Ingredients:

- 2 poblano peppers
- 1/2 pound tomatoes, cored
- 1/2 small red onion
- 1 lime, juiced, about 2 tablespoons
- Chunky salt
- Cilantro leaves, to garnish

### Directions:

Roast the poblano peppers over a gas burner (leave them directly on the burner grate and turn them occasionally), under a broiler, or over a gas grill until the skins are roughly blackened and charred. Set them aside to cool. Core the tomatoes and chop them roughly. Roughly chop the red onion. Lop off the stems of the peppers, and put everything into a blender or food processor with the lime juice and a sprinkle of salt. Blend until combined. Add a few tablespoons of water if you wish to thin it out. Taste and add more salt if necessary. Garnish with cilantro leaves and serve with chips, or over beans and rice.

+++

## Grandma's 5-Minute Refrigerator Pickles

*Adapted from Bless this Mess*

### Ingredients:

- 1 cup water
- 1/3 cup vinegar (apple cider, white, and rice wine are all good)
- 1/3 cup sugar (optional)
- 1 to 2 teaspoons salt
- Sliced garden cucumbers (about 2 cups)
- Sliced onion or green onion (about 1/2 cup)
- Additional vegetables as you like (bell pepper, whole cherry tomatoes, etc.)

### Directions:

In a small bowl add the water, vinegar, sugar, and salt. Stir to combine and until the sugar and salt have dissolved. Add the cucumber and onion. Taste and adjust the ingredients to your liking. All the cucumbers should be covered in the brine, if you have lots of cucumber or are making a big batch, make more brine. Let the mixture rest in the fridge until you are ready to eat. The flavors develop over time, so an overnight soak is great but mine are normally gone by dinner.

