

HarvestShare Recipes

Week 16 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!** 1-2 days sitting unbagged on the counter may bring them to peak ripeness
- **Cherry tomatoes** (all varieties are ripe when you receive them)
- **Green tomatoes** (great for frying but also roasting into sweet-tart deliciousness)
- **Cucumbers** OR **squash/zucchini**
- **Sweet peppers** (mix of purple Islander, red sweet Giant Marconi, and orange Hungarian Wax and orange Oranos)
- **Okra**
- **Eggplant**
- **Scallions**

HALF BOXES

- **Mix of red and green tomatoes** (see above)
- **Cherry tomatoes!** (see above)
- **Eggplant**
- **Watermelon**
- **Okra** OR **sweet peppers**

Green Tomato Salsa Verde

Adapted from Oakhurst Kitchen. Makes 3 cups. Halve recipe if you have fewer green tomatoes!

Ingredients:

- 5 medium green tomatoes, halved
- 2 garlic cloves
- Optional: 2 jalapenos, halved and seeds removed
- 1 bunch scallions, chopped, OR 1 medium onion, peeled and quartered
- 2 tablespoons olive oil
- ½ bunch of fresh cilantro
- 2 limes, juiced
- ¼ teaspoon sugar
- Salt
- Pepper

Directions:

- 1.) Heat the oven at 475 degrees and cover a large baking sheet with parchment paper.
- 2.) Place the tomatoes, garlic, jalapenos (if using), and onion (if using whole onion rather than scallions) on the lined baking sheet. Drizzle with olive oil then sprinkle with salt and pepper. Roast in the preheated oven for about 15-20 minutes, or until the veggies are tender and slightly blistered.
- 3.) Allow the veggies to cool slightly. In the bowl of a food processor, combine the roasted veggies with the juice of 2 limes, cilantro, sugar, scallions (if using instead of roasted onion) and generous amount of salt and pepper. Blend until mixture is smooth. Taste and add more salt if needed (we definitely did!).

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Simple Melt-in-your-mouth Roasted Veggies

From Julia's kitchen.

Ingredients: Green tomatoes (chopped), red and/or cherry tomatoes (chopped/halved), eggplant (chopped into 1-inch chunks), optional okra (halved), optional scallions (chopped), optional sweet peppers (chopped), head of garlic (peeled)

Directions: Preheat oven to 450 degrees. In a bowl, toss veggies with lots of olive oil, salt, and pepper. Roast in single layers on baking sheets for 40 minutes, ideally stirring once, until flavors are rich. Serve over rice or couscous, or on good toasted bread.

Spicy Okra with Tomatoes

One of the "slime-free" okra recipes adapted from The Spruce. Serves 4-6.

Ingredients:

- 1 bag okra
- 1 medium onion, peeled and thinly sliced
- 3 medium tomatoes
- 3 cloves garlic
- 1 tablespoon vegetable oil
- Spices: 1.5 teaspoons chile powder, 2 teaspoons cumin seeds, 1 teaspoon turmeric, 1/4 teaspoon cayenne (optional)
- 1/2 teaspoon fine sea salt, plus more to taste
- 1 tablespoon lemon juice

Directions:

Trim off and discard the stem ends from the okra and cut the pods into 1/4- to 1/2-inch slices. Set the prepped okra aside. Chop the tomatoes, reserving their juices; peel and mince the garlic; set them both aside. Heat the oil in a large frying pan or saute pan over high heat.

Once the oil is hot, add the chopped onions and cook, stirring frequently, until the onions start to brown, about 5 minutes. Add the garlic and cook, stirring, until brightly fragrant, about 30 seconds. Add the chile powder, cumin seeds, turmeric, and cayenne, if using, and cook, stirring as the spices sizzle, another 30 seconds. Add the okra and stir to coat the pieces with the onion-spice mixture. Add the tomatoes, any juices they've released, the salt, and 1/2 cup of water. Stir to combine everything and then cover. Reduce the heat to maintain a steady simmer. Cook until the okra is tender and the flavors are well blended 5 to 10 minutes. Take off the heat. Stir in the lemon juice and add more salt to taste, if you like. Serve hot or warm – though cold leftovers are good, too!

Five-Day Sample Meal Plan

Day 1: Green Tomato Salsa Verde, served over quesadillas with roasted veggies

Day 2: Simple Melt-in-your-mouth Roasted Veggies, served with couscous and chickpeas

Day 3: Spicy Okra with Tomatoes served with rice and black-eyed peas

Day 4: Tomato sandwiches with red tomatoes and/or fried green tomatoes

Day 5: Pizza topped with roasted/sautéed leftover veggies

