

HarvestShare Recipes

Week 18 of 24

Anathoth Community Garden & Farm

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)
- **Beans**
- **Extra cherry tomatoes OR cucumbers**
- **Shishito peppers** (quick-saute whole over med-high heat, sprinkle with salt, ad enjoy like popcorn)
- **Sweet peppers** (a colorful, but never spicy, mix)
- **Eggplant**
- **Okra**

HALF BOXES

- **Shishito peppers** (see above)
- **Cherry OR slicing tomatoes!** (see above)
- **Okra** (Chapel Hill boxes) **OR sweet peppers**
- **Eggplant**
- **Green onions**

Angel's Best-Ever Eggplant Parmesan

Apprentice Angel Woodrum says you can easily cut back the recipe to only one layer. From Gimme Some Oven. Full version serves 8-10.

Ingredients:

- ½ cup loosely packed fresh basil, or 2 tablespoons dried
- 2 medium (or 4 small, etc.) eggplant, of any kind
- 2 eggs OR 1 egg + 2 egg whites
- 1 25-oz jar tomato sauce OR 3 cups sautéed slicing and/or cherry tomatoes
- 1 tablespoon Italian seasoning
- salt to taste
- 1 ½ cup breadcrumbs, store-bought or homemade
- 2 cups mozzarella cheese, grated
- 2/3 cup Parmesan cheese

Directions:

Optional first step: If you have extra time and would like to remove some of the bitterness of the eggplant, sprinkle each round with a pinch of salt. Then place the rounds in a colander in the sink to drain, or place them on a few paper towels for about 30 minutes. Rinse the salt off with water, then proceed with the recipe.

1.) Preheat oven to 425°F. Prepare two baking sheets with parchment paper, and set aside.

2.) In a shallow bowl, whisk together Panko breadcrumbs, Italian seasoning and 1 tsp salt. In a separate bowl, whisk the eggs until smooth. Dip an eggplant round on both sides in the egg mixture, then immediately dip it in the breadcrumb mixture until the eggplant is completely coated, then set on a parchment-covered baking sheet. Repeat with the remaining eggplant rounds until they are all evenly spaced on the baking sheets. Bake for 20 min, flipping once halfway through, until the breadcrumbs are toasted and slightly golden. Remove from the oven; set aside.

3.) Spread 1/2 cup tomato sauce evenly over the bottom of an 11 x 8-inch baking dish. Place half of the eggplant in a (mostly) even layer along the bottom of the baking dish. Spread an additional 1 cup of tomato sauce evenly over the eggplant. Sprinkle 1 cup Mozzarella cheese evenly over the sauce, followed by 1/3 cup Parmesan cheese, followed by 1/4 cup of the fresh basil. Repeat with another layer of the remaining eggplant, then tomato sauce, then Mozzarella, then Parmesan cheese.

4.) Bake for 15-20 minutes until the cheese is melted and starts to turn slightly golden around the edges, and the sauce is bubbly. Remove and sprinkle with the remaining basil. Serve immediately.

Roasted Okra

From Two Lucky Spoons: "Easy to make and even more delicious to eat, Crispy Roasted Okra turns this slimy veggie into the potato chip of the garden. You can't eat just one!"

Ingredients:

- 1 pound fresh okra
- 1/2 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika

Directions:

1.) Preheat your oven to 400 degrees. Remove the stem of the okra a cut lengthwise down the middle. Place the okra in a bowl with the olive oil. In a small bowl combine the seasonings and sprinkle half of the spice mix over the okra. Toss the okra to coat in oil and spices and then spread out in an even layer on a rimmed baking sheet. Roast for 30-40 minutes or until the okra is tender and crispy.

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Quick Shishito Tutorial: Of everything we grow, Shishito peppers are my favorite thing to eat. If you roast them in a pan – there is just nothing like it. Here's the simplest set of instructions: cook them whole in a medium-hot oiled pan for a few minutes till they blister, then remove them from the heat, sprinkle with salt, and pop in your mouth like popcorn. I eat everything but the little tip of the stem.

Five-Day Sample Meal Plan

Day 1: Angel's Best-Ever Eggplant Parmesan

Day 2: Roasted Okra and Roasted Shishitos, served with a grain salad with your favorite cheese

Day 3: Tomato and Fresh Mozzarella Salad

Day 4: Quesadillas with broiled/roasted peppers and any other veggies

Day 5: Ratatouille, starring beans and/or eggplant and what's left over at the end of the week)

