

# HarvestShare Recipes

Week 19 of 24

Anathoth Community Garden & Farm

## What's in the box?

**Storage tips:** Store all veggies *except slicing tomatoes* in the fridge. Store slicing tomatoes at room temp – but store in the fridge once you slice them open! **Take a moment to store your veggies right and gain a week of freshness!**

### FULL BOXES

- **Cherry tomatoes** (all varieties are ripe when you receive them)
- **Radishes** (slice to spice up salads or sandwiches, quick-pickle)
- **Arugula** (perfect for salads, sandwiches, or arugula pesto)
- **Kale** (saute, steam, make kale chips, stir-fry with eggs, massage for kale salad)
- **Extra cherry tomatoes OR beans**
- **Three kinds of peppers:** a mix of sweet (not spicy) peppers – see newsletter for ID guide

### HALF BOXES

- **Slicing tomatoes** (1-2 days sitting unbagged on the counter may bring them to peak ripeness)
- **Baby “Red Russian” kale** (Perfect for an easy saute/stir-fry or pesto)
- **Rainbow Swiss Chard** (cook like spinach)
- **Okra OR sweet peppers (Chapel Hill boxes)**
- **Shishito peppers** (quick-saute whole over med-high heat, sprinkle with salt, ad enjoy like popcorn)

## Tame That Radish Salad

*Adapted from Just a Pinch Recipes. Takes the bite out of radishes and creates a delectable garnish!*

### Ingredients:

- 1 bunch radishes
- ¼ cup vinegar
- 2 tablespoons sugar
- 1 pinch salt and 1 pinch pepper

### Directions:

Wash and slice each radish, as thinly as possible. (Can use a mandolin if available, for easier slicing.) Blend (in a blender or just a bowl) the vinegar, sugar, and pinch of salt and pepper. Process until all of the sugar is dissolved. Put your radishes in a large glass jar or in a big bowl and pour over the vinegar and sugar mix well and cover and refrigerate as short as 10 min or, if possible, two hours. Serve as a condiment or as a salad. You can put on top of burgers or eat mixed with a salad. Make sure you weigh the radishes down so they will stay under the vinegar while in the fridge. Will last about 3 days in the fridge.

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## Garlic Okra

*A “slime-free” okra recipes, from The Spruce. Serves 4.*

### Ingredients:

- 1 pound okra
- 1 clove garlic
- 2 teaspoons oil (olive, grapeseed, or other)
- Optional: sliced or cherry tomatoes

- 1.) Trim off and discard the stem ends of the okra, if you like. Rinse the trimmed pods, pat them dry, and set them aside. Be sure to dry them - extra water can lead to the slick factor this okra recipe is designed to avoid.
- 2.) Peel the garlic clove, cut it in half lengthwise, and slice it crosswise as thinly as possible.
- 3.) Heat a large frying pan over med-high heat. Once the pan is hot, add the oil, swirl the pan to coat the bottom with the oil. Heat until the oil shimmers ~ 30 seconds.
- 4.) Add the garlic and let it sizzle until it just starts to turn golden, about 1 minute.
- 5.) Add the okra (and tomatoes if using), stir to coat it with oil and combine it with the garlic. Cover and cook, shaking the pan frequently to move the okra pods around inside, until the okra is starting to brown on the edges and is tender to the bite, about 8 minutes.
- 6.) Transfer the okra to a serving platter or individual plates. Sprinkle with salt to taste and serve.

## Arugula or Baby Kale Pesto

*Adapted from Serious Eats: “An incredible pesto. I was expecting a sharp peppery flavor from the arugula, but instead that was tempered and smoothed by the oil and cheese. While arugula and the nutty Parmesan dominated the pesto, the garlic was right behind with a small bite, and the lemon juice lent a pleasant freshness.” Makes 1 cup.*

### Ingredients:

- 2 cups packed arugula or baby kale, rinsed and dried
- 1/4 cup sunflower seeds or roughly chopped walnuts
- 2-4 medium garlic cloves (depending on your taste)
- 1/3 cup extra-virgin olive oil
- 1/2 cup finely grated fresh Parmesan cheese
- 2 teaspoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper

### Directions:

- 1.) Place arugula/kale, seeds/nuts, and garlic in the bowl of a food processor and pulse until finely chopped, about five 1-second pulses, scraping down sides of bowl as necessary.
- 2.) As food processor runs, pour oil through feed tube in a slow, steady stream. Keep food processor running until smooth, stopping to scrape sides of bowl as necessary.
- 3.) Add the Parmesan and lemon juice and pulse to combine. Season with salt and pepper to taste. Store in an airtight container in the fridge for up to a week, or in a resealable plastic bag in the freezer for up to six months.

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**Quick, Delicious Shishito Tutorial:** 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.

## Five-Day Sample Meal Plan

**Day 1: Arugula or Baby Kale Pesto Pasta**

**Day 2: “Tamed” Radishes or Massaged Baby Kale over a burger/veggie burger**

**Day 3: Tacos with any combo veggies, including roasted Shishitos, “Tamed” Radishes, roasted butternut squash**

**Day 4: Ratatouille with any of the veggies, over your favorite grain**

**Day 5: Rice bowl with leftover veggies, served with grated cheese and a fried egg on top**

