

HarvestShare Recipes

Week 20 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

- **Lettuce!** (head lettuce OR salad mix)
- **Collard greens** (saute, steam, make kale chips, stir-fry with eggs, massage for kale salad)
- **Rainbow Swiss chard** (cook like spinach)
- **Baby kale** (in a bag - saute, steam, make kale chips, stir-fry with eggs, massage for kale salad)
- **Tomatoes** (cherry or slicing) OR **peppers** if the rain knocks down too many
- **Shishito peppers** (quick-saute whole over med-high heat, sprinkle with salt, ad enjoy like popcorn)
- **Okra** (roast, fry, saute in a stew/stir-fry)
- **Eggplant** (roast, grill bake, fry, stir-fry)

HALF BOXES

- **Kale**
- **Lettuce!** (head lettuce OR salad mix)
- **Okra** (Chapel Hill boxes) OR **sweet peppers**
- **Mini butternut squash**
- **Tomatoes OR lunchbox peppers** (sweet, colorful, in a pint – NOT spicy!)

Eggplant Coconut Curry

Recipe created by Johnson Service Corps intern Aaron Williams!

Ingredients:

- 1 cup white basmati rice
- salt and black pepper
- 1 tablespoon olive oil
- 1 onion, chopped
- 1-2 pints cherry tomatoes, halved OR peppers
- 1 eggplant (about 1 pound), cut into ½-inch pieces
- 1½ teaspoons curry powder
- 1 15.5-ounce can chickpeas, rinsed
- ½ cup fresh basil
- Rosemary leaves (optional)
- Can of coconut milk
- ¼ cup plain low-fat yogurt (preferably Greek), optional

How to Make It:

- 1.)** In a medium saucepan with lid, combine the rice, 1½ cups water, and ½ teaspoon salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes.
- 2.)** Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes.
- 3.)** Stir in the tomatoes, chopped eggplant, curry powder, 1 teaspoon salt, and ¼ teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.
- 4.)** Add 1 can of coconut milk and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.
- 5.)** Stir in the chickpeas and cook just until heated through, about 3 minutes.
- 6.)** Remove the vegetables from heat and stir in the basil and yogurt. Fluff the rice with a fork. Serve the vegetables over the rice. Add chopped basil on top for garnish.

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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.

Any Greens Mac 'N Cheese

Delicious. Use ANY combo of leafy greens. Adapted from Early Morning Farm. Serves 4-6.

Ingredients:

- 4 tablespoons butter, plus more to grease pan
- Optional: 3 cups cubed bread
- 3 cups milk
- 1/4 cup all-purpose flour
- 1 teaspoon salt + 1 tablespoon for boiling water
- 1/8 teaspoon mustard powder
- 1/8 teaspoon cayenne pepper
- 2 cups grated sharp white cheddar cheese
- 1 cup grated Parmesan cheese
- 1/2 pound macaroni or other tube shaped noodle
- 1-2 bunch greens (any combo of Swiss chard, spinach, kale, collards, broccoli, etc.), chopped

Directions:

- 1.)** Preheat oven to 375°F. Grease a 3-quart casserole dish. Bring a large pot of water to a boil with one tbs salt. Cook pasta and greens together for 5 min. Drain and set aside.
- 2.)** Make the sauce: warm the milk in a med. saucepan over med. heat. Melt butter in a saucepan over med. heat. When the butter bubbles, add the flour. Cook, stirring, 1 min. Whisk in the hot milk a little at a time to keep mixture smooth. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick, 8-12 min.
- 3.)** Remove the pan from the heat. Stir in salt, mustard powder, and cayenne pepper. Add 1 1/2 cups cheddar cheese, and 3/4 cups Parmesan. Stir the pasta and greens into the sauce.
- 4.)** Transfer macaroni mixture into the prepared dish. Sprinkle the remaining cheese over the top, and then the bread cubes (if using). Bake till golden brown, ~ 30 min.

Five-Day Sample Meal Plan

Day 1: Eggplant Coconut Curry over rice

Day 2: Any Greens Mac 'N Cheese

Day 3: Grill night! (Hurricane or not!) Grill any mix of butternut squash slices, eggplant, okra, peppers, tomatoes, with your favorite meat/tofu

Day 4: Sandwiches with all that hurricane bread – any combo of lettuce, fresh tomatoes and peppers, sauteed greens/grilled eggplant and peppers, etc.

Day 5: Classic beans and rice with sautéed extra veggies

