

HarvestShare Recipes

Week 21 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

- **Head lettuce**
- **Kale** (saute, steam, make kale chips, stir-fry with eggs, massage for kale salad)
- **Tomatoes** (cherry or slicing) OR **grapes**
- OR **peppers**
- **Lettuce mix**
- **Butternut squash** (roast whole and mash, peel/cube for roasting/sauteeing)
- **Sweet peppers** (two servings)
- **“Flavor burst”** -- **garlic and/or poblano peppers**

HALF BOXES

- **Collard greens** OR **kale** (saute, steam, make kale chips, stir-fry with eggs)
- **Lettuce!** (head lettuce OR salad mix)
- **Rainbow Swiss Chard** (cook like spinach)
- **Okra** OR **sweet peppers** (peppers for Chapel Hill boxes) -- roast, fry, saute in a stew/stir-fry
- **Shishito peppers** (quick-saute whole over med-high heat, sprinkle with salt, ad enjoy like popcorn)

Butternut and Caramelized Onion Grilled Cheese

Unbelievably delicious, adapted from Jeff Mauro and sampled (by Julia) at a Life Around the Table gathering. In my top 10 favorite recipes. Serves 4.

Ingredients:

- 5 tbsp unsalted butter, plus more for the bread
- 1/2 butternut squash, peeled, seeded and sliced - 1/4 inch thick
- 2 tablespoons maple syrup
- 1/2 teaspoon chili powder
- Kosher salt and freshly ground pepper
- 1 sweet onion, thinly sliced
- 1/4 cup balsamic vinegar
- 1 teaspoon sugar
- 8 slices of your favorite bread
- 1 pound cheddar or manchego cheese, thinly sliced
- Sliced tomatoes

Directions:

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Melt 2 tablespoons butter. Toss the squash with the melted butter, maple syrup, chili powder, and salt and pepper to taste on the prepared baking sheet. Roast until golden and soft, about 20 minutes. Set aside and let cool.

Meanwhile, melt 1 tablespoon butter in a medium skillet over medium-low heat. Add the onion and toss to coat. Cook, without stirring, until the onion begins to develop a deep brown color, 10 to 15 minutes. Stir and add the balsamic vinegar, sugar, and salt and pepper to taste. Cook, stirring, until the onion mixture thickens and develops an intense sweetness, about 15 more minutes.

Five-Day Sample Meal Plan

Day 1: Butternut and Caramelized Onion Grilled Cheese

Day 2: Asian Greens with grilled chicken or tofu

Day 3: Salad Bowl Dinner topped with any mixed of roasted peppers, broiled okra, tomatoes, cheese, nuts, bacon, etc.

Day 4: Frittata with greens and any other roasted veggies

Day 5: Any Greens Mac ‘N Cheese repeat last week’s recipe because it’s delicious!

Asian Greens

Recipe from Aaron Williams, Johnson Service Corps intern. Serves 8.

This quick sauté works well with kale or virtually any dark leafy green (kale, Swiss chard, collards, etc.) to create a healthy, delicious side dish. By varying the seasonings (subbing in chili-garlic sauce, curry paste or peanut sauce for the soy sauce, for example), you can create an eclectic array of variations. This basic preparation (sans seasonings) can also work to prep kale for using in other recipes, including a delicious egg scramble. For another classic preparation, sauté kale with small amounts of bacon for flavor, then lightly braise in vegetable stock to soften.

Ingredients:

- 3 bunches greens
- 1 tbs. sesame oil
- 1 cup diced onions
- 2 tsp. minced fresh garlic
- 1 tsp. grated fresh ginger
- 2 cups vegetable stock
- 1 tbs. tamari soy sauce
- 1/8 tsp. ground black pepper
- Cayenne Pepper
- Pinch of cinnamon - for hint of nutty flavor

Directions:

Wash kale, remove stems and cut into 1-inch squares. Heat a large sauté pan over medium-high heat and add the olive oil to just coat the bottom of the pan. Add onions and garlic and sauté for 1-2 minutes. Stir in kale, ginger and vegetable stock. Cook until the kale starts to wilt, about two minutes. Stir in tamari soy sauce and pepper. Remove from heat and serve.

