

HarvestShare Recipes

Week 22 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
- **Baby kale** (saute, steam, make kale chips, stir-fry with eggs, massage for kale salad)
- **Tomatoes** (cherry or slicing) OR **grapes** OR **Lunchbox peppers**
- **Lettuce mix**
- **Rainbow Swiss chard** (cook like spinach)
- **Okra** (roast, saute, cook in stews, fry)
- **Eggplant** (bake, saute in ratatouille, roast)
- **Shishito peppers** (quick-saute whole over med-high heat, sprinkle with salt, ad enjoy like popcorn)

HALF BOXES

- **Kale** (saute, steam, make kale chips, stir-fry with eggs)
- **Lettuce mix**
- **Okra OR sweet peppers** (okra for Chapel Hill boxes) -- roast, fry, saute in a stew/stir-fry
- **"Popcorn" potatoes** – you can roast them whole with oil and salt and pop them in your mouth like popcorn!
- **Eggplant**
- **Garlic**

Baked Greens (Beet Greens, Spinach, Baby Kale, Mustard Greens, etc.!) Frittata

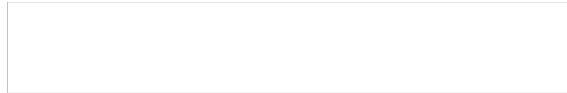
Adapted from the Saratoga Farmers Market. Serves 4-6. Time: 10 minutes to make, then 20 to cook. This is still my (Julia's) favorite way to cook greens!

Ingredients:

- 1-2 bunches/bags greens
- 1 bunch spring onions, chopped
- Vegetable cooking spray
- 1 teaspoon olive or vegetable oil
- 1/4 cup water
- 5 eggs
- 1/2 cup milk
- 1/3 cup grated cheddar type cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Preheat oven to 375 degrees. Coat a 9-inch round baking pan with vegetable cooking spray. Wash greens and tear the leaves from the stem. (Use the stems in a stir-fry.) Chop the greens and onion. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft. Stir in greens and water. Cover and cook for 5 minutes. Remove from heat and allow to cool. In a large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in greens mixture. Pour the mixture into the baking pan. Bake for 20 min. Remove from oven and let sit for 2-3 minutes. Slice into wedges and enjoy.



Five-Day Sample Meal Plan

Day 1: Baked Greens Frittata

Day 2: Spicy Greens with grilled chicken or tofu

Day 3: Baba ghanoush (eggplant dip) with pitas and lettuce mix/arugula, sliced tomatoes/radishes/turnips, sautéed veggies, etc.

Day 4: Chili with roasted vegetables (eggplant, peppers, tomatoes), served with cornbread and steamed/sautéed greens

Day 5: Fried rice stir-fry with leftover veggies

Spicy Greens

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

- 1 tablespoon olive oil
- 3 slices bacon
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- Cayenne Pepper
- Chili powder
- 3 cups chicken broth
- 1 pinch red pepper flakes
- 1 Table spoon of Vinegar
- 1 pound fresh greens, cut into 2-inch pieces

Directions:

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.

Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

