

# HarvestShare Recipes

Week 1 of 8

Anathoth Community Garden & Farm

## What's in the box?

**Storage tips:** Store all veggies *except butternut squash and garlic* in the fridge. Store leafy greens in a cover to keep them fresh (plastic bag, wet towel, Tupperware). Uncovered in the fridge, they will wilt quickly, but covered they will last a week or more. **Take a moment to store your veggies right and gain a week of freshness!**

### FULL BOXES

- Mini butternut squash
- Fall's limited edition: broccoli, beets, or the first carrots!
- Lettuce
- Kale (saute, steam, stir-fry with eggs)
- Sweet OR shishito peppers (double serving)
- Arugula OR baby kale
- Radishes

### HALF BOXES

- Butternut squash
- Lettuce
- Kale (saute, steam, stir-fry with eggs)
- Peppers OR arugula
- Radishes

## 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 mini or 1/2 large 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.

## Curried Greens (any!) and Lentils

*Adapted from Early Morning Farm. Ideal for kale or any other greens –try tossing in carefully washed radish greens!*

### Ingredients:

- 1 bunch kale or other greens
- 1 cup red lentils
- 4 cups water or vegetable stock
- 1 onion
- 2 cloves garlic
- 1 tablespoon minced fresh ginger or 1/2 tsp dried ginger
- 1 tablespoon olive oil
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- Salt + pepper to taste
- 1 tablespoon red wine vinegar or fresh lime juice

### Directions:

**Prepare greens.** Remove stems of greens and wash thoroughly. Chop or tear into bite-size pieces. Chop onion and mince garlic and ginger.

**Heat olive oil over medium low heat.** Saute onions, garlic, and ginger until onion is softened and translucent. Add dry spices, mix, then add water or stock, stirring to get any bits off the bottom of the pan. Add lentils, bring to a boil, then simmer over low heat for 20 minutes. After 20 minutes stir in greens, and cook for an additional 10 minutes. Check lentils for doneness. When lentils are done season to taste with salt, pepper, and red wine vinegar or lime juice.

## Five-Day Sample Meal Plan

**Day 1: Butternut and Caramelized Onion Grilled Cheese**, served with salad

**Day 2: Curried Greens and Lentils**, served over rice

**Day 3: Breakfast for dinner:** scramble eggs with sautéed veggies, and serve with toast and/or grits

**Day 4: Salad bowl dinner:** Lettuce/arugula salad with any mix of radishes, roasted butternut squash or potatoes (like croutons), peppers, shredded cabbage with your favorite protein (cheese, beans, grilled chicken, etc.)

**Day 5: The classic:** Greens (steamed, boiled, or sautéed – can include cabbage!) with cornbread and beans

