

# HarvestShare Recipes

Week 2 of 8

Anathoth Community Garden & Farm

## What's in the box?

**Storage tips:** Store all veggies *except maybe potatoes* 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. Potatoes can sit out at room temperature for a few weeks, ideally out of direct sunlight. But fridge is fine for them, too. **Take a moment to store your veggies right and gain a week of freshness!**

### FULL BOXES

- Carrots!
- Rainbow Swiss chard
- Collard greens
- Baby kale (saute, steam, stir-fry with eggs)
- Sweet/mild peppers OR eggplant
- Lettuce
- Potatoes
- Napa cabbage (looks like a cross between lettuce and cabbage, great chopped fresh in a salad or stir-fried)

### HALF BOXES

- Carrots!
- Collard greens
- Lettuce
- Peppers
- Potatoes

## Oven Polenta with Onions, Greens, and Cheese

Use any cooking greens: collards, baby kale, chard, even Napa cabbage! "From Asparagus to Zucchini."  
Serves 4-6

### Ingredients:

- 1-2 onions, sliced
- 1 cup yellow cornmeal (medium grain)
- 4 ½ cups stock, divided
- Salt and pepper
- 2 tablespoons butter
- 2 teaspoons sugar
- 2 teaspoons vinegar (such as cider vinegar)
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon crushed red chile flakes (optional)
- 1-2 bunch greens (kale, collards, chard, spinach, etc.), with thick stems cut or torn out, leaves chopped
- 4 ounces your favorite cheese (original recipe recommends blue cheese), crumbled

### Directions:

- 1.) Preheat oven to 350 degrees F. Oil a large ovenproof skillet (preferably nonstick). Add cornmeal, 4 cups stock, and 1 teaspoon salt; stir well (it won't get smooth until it's cooked). Bake, uncovered, *without stirring*, until liquid is absorbed, 40-50 min.
- 2.) Meanwhile, melt butter over medium heat in a skillet. Add sliced onions, sprinkle with salt, and cook until nearly tender, 8-10 minutes, shaking pan frequently to prevent sticking. Add sugar and continue to cook, shaking pan, 2 to 3 min. Add remaining ¼ cup stock and vinegar. Raise heat; cook until liquid becomes a glaze, again shaking pan. Remove onions to a bowl.
- 3.) Wipe out skillet; add olive oil. Add garlic, chile flakes, and greens; cook, stirring often, until tender, 4-5 min. Stir in onions; add salt and pepper to taste. When polenta is done, serve it in wide shallow bowls topped with greens and crumble cheese.

## Baked Greens (Collards, Kale, Chard, Napa, 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: Oven Polenta**, served with a salad and carrots  
**Day 2: Baked Greens Frittata**, served with crusty bread and a side salad

**Day 3: Pasta with Greens and Chickpeas**

**Day 4: Salad bowl dinner:** With any mix of carrots, peppers, etc., with your favorite protein (cheese, beans, grilled chicken, etc.)

**Day 5: Roasted leftover veggies, served over rice, with a fried egg on top**

