

# HarvestShare Recipes

Week 5 of 8

Anathoth Community Garden & Farm

## What's in the box?

**Storage tips:** Store all veggies *except sweet potatoes* in the fridge. Store leafy greens in a cover to keep them fresh (plastic bag, wet towel, Tupperware). Uncovered in the fridge, they'll wilt quickly, but covered they'll last a week +. Sweet potatoes can sit out at room temperature weeks, ideally out of direct sunlight **Take a moment to store your veggies right and gain a week of freshness!**

### FULL BOXES

- Red carrots
- Sweet potatoes
- Hearty veggie option: orange carrots, Daikon/watermelon radishes, butternut squash, or potatoes
- Rainbow Swiss chard (saute, steam, cook in stir-fries, with pasta/lasagna, eggs, soup, in grilled sandwiches, and more!)
- Lettuce
- Bok Choy: Stir-fry, grill, steam, roast
- Broccoli leaves! Deliciously sweet stems you can eat raw or cooked. Prepare leaves like collards or kale.
- Crunchy green option: Broccoli/spinach
- Gift to plant: Perennial onions

### HALF BOXES

- Carrots!
- Sweet potatoes
- Broccoli leaves – see above
- Lettuce
- Bok Choy: Stir-fry, grill, steam, roast
- Gift to plant: Perennial onions

## Bok Choy and Carrot Stir-Fry

*Adapted by apprentice Angel Woodrum from All Recipes. Serves 4.*

### Ingredients:

- 2 tablespoons cooking oil
- 1 bunch carrots
- 1-2 heads of bok choy (whatever is in your box)
- 2 cloves garlic chopped or minced (or more if your heart and palate desires)
- Salt and pepper to taste

### Directions:

Cut carrots and bok choy into bite sized pieces, set aside. Heat oil in sautéing pan or wok over medium heat. Cook the garlic 1-2 minutes.

Add the carrots, salt, and pepper. Cook for another minute.

Add the bok choy, and cook until the greens become vibrant green. Turn down the heat and cover for 3 minutes or until carrots are tender yet crispy.

Enjoy over rice, quinoa, or other preferred grain!

## Five-Day Sample Meal Plan

**Day 1: Bok Choy and Carrot Stir-Fry**

**Day 2: Broccoli Greens with Roasted Sweet Potatoes**

**Day 3: Coconut curry soup including roasted veggies**

**Day 4: Tacos with shredded lettuce, fresh or roasted carrots, shredded radish, sautéed greens, roasted sweet potatoes – the sky's the limit!**

**Day 5: Pizza topped with whatever you haven't used up yet!**

## Broccoli Greens ("Broccoleaves") with Roasted Sweet Potatoes

*Adapted by apprentice Angel Woodrum from Food Confidence. Serves 4.*

**Recipe description:** Caramelized and roasted sweet potatoes tossed with sweet broccoli leaves — step aside kale, there's a new super-green in town!

**About broccoli leaves:** Looks like kale, tastes sweet like sugar snap peas, and offers 100 percent of your daily value of vitamin C and calcium per serving.

### Ingredients:

- 1 bunch broccoli greens
- 1 large sweet potato or 3-4 small potatoes cut into bite-sized pieces
- 2 tablespoons cooking oil
- Salt and pepper
- 2 tablespoons of parmesan (optional)

### Directions:

Preheat oven to 400 degrees F. In a large bowl combine the squash with oil, salt, and pepper. Once it's well coated, add sweet potatoes to a baking sheet.

Roast for about 30 minutes, or until just about tender and caramelized.

While sweet potatoes cook, trim the broccoli leaves where they meet the stems. Roll the leaves lengthwise so they resemble a cigar. Slice the leaves crosswise to make wide noodles. After about 30 minutes, remove potatoes from oven and stir in the broccoli greens. Return to oven for 5-10 more minutes or until greens are tender. Remove from oven and sprinkle with Parmesan cheese.

