

HarvestShare List & Recipe Guide

Week 1 of 24

Anathoth Community Garden & Farm

Welcome to a new season of sharing in the harvest!

What's in the box?

Storage tips: Store leafy greens/lettuce/spring onions in plastic bags in the fridge. Store strawberries in the fridge unless you eat them the same day! **Take a moment to store your veggies right and gain a week of freshness!**

FULL BOXES

- **Strawberries**

- **Spring onions:** Chop fresh for a garnish (like scallions) or saute/stir-fry/bake/grill/broil like “regular” onions

- **Head lettuce**

- **“Toscano” kale:** Also called “dino kale” or “lacinato kale.” Saute, stir-fry, steam, boil, toss into a smoothie, massage into a salad.

- **Spinach:** Eat fresh, stir-fry, steam!

- **Bok choy:** Saute, stir-fry, steam, broil in oven

- **Collard greens:** Saute, stir-fry, steam, boil – can use tender stems, too!

- **Rainbow Swiss chard:** Saute, stir-fry, steam, boil – interchangeable with cooked spinach

MEDIUM BOXES

- **Strawberries**

- **Spring onions:** Chop fresh for a garnish (like scallions) or saute/stir-fry/bake/grill/broil like “regular” onions

- **Spinach:** Eat fresh, stir-fry, steam!

- **“Curled Siberian” kale:** Bigger and juicier than Toscano kale. Saute, stir-fry, steam, boil, toss into a smoothie.

- **Collard greens:** Saute, stir-fry, steam, boil

Strawberry, Spinach, and Feta Salad

Recipe adapted from Wine and Glue. Serves 6. Prep time: 15 minutes.

Ingredients

For the salad:

- 10 ounces fresh baby spinach — you can always mix in other greens (like head lettuce)
- 1 pint strawberries, quartered
- 1/2 spring onions, sliced thin
- 1/4 cup almond slices toasted
- 4 ounces feta cheese

For the dressing:

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/2 cup white sugar
- 1 tablespoon poppyseeds
- 1 tablespoon minced red onion

Directions

Dressing: Combine all of the ingredients for the dressing in a mason jar. Shake well until the sugar is dissolved and the dressing is combined.

Salad: Combine all the ingredients for the salad in a large bowl. Very lightly dress the salad right before serving, reserving the rest of the dressing on the side for people to add more.

To toast almonds, place a small skillet over low heat. Spray lightly with cooking spray. Add almond slices and stir often until desired level of toasted-ness, about five minutes. Cool before adding to the salad.

Five Day Sample Meal Plan

Find these recipes on Anathoth's website: www.anathothgarden.org/category/recipes

Day 1: Ultimate Veggie Wrap

Day 2: Garlicky Swiss Chard and Chickpea Stir-fry

Day 3: Strawberry, Spinach, and Feta Salad with side of Collards Braised in Red Wine

Day 4: Lentil Soup with Sausage, Chard, and Garlic

Day 5: Lemon Barley Salad with Kale Pesto

