

# HarvestShare List & Recipe Guide

Week 2 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

#### - Lettuce mix

- **Kale:** Saute, stir-fry, steam, boil, toss into a smoothie, massage into a salad.

- **Spinach** (eat fresh, stir-fry, steam) OR the first broccoli of the season

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

- **Garlic scapes!** Garlic's flower stem. Chop and use like garlic.

- **Napa cabbage** (chop fresh for slaw or stir-fry) OR "Little Gem" head lettuce

- **Arugula:** A delicious, peppery addition to fresh salads

### MEDIUM BOXES

#### - Strawberries

#### - Head lettuce

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

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

- **Radishes:** Chop for salads, sandwiches – or pan-roast!

- **Garlic scapes!** Garlic's flower stem. Chop and use like garlic.

## Baked Greens Frittata

*This is still my (Julia's) tied-for-first favorite way to cook greens!*

*Adapted from the Saratoga Farmers Market. Serves 4-6. Prep time: 15 minutes.*

*Total time before eating: 35-40 minutes.*

### Ingredients:

- 1-2 bunches greens/green veggies (kale, collards, spinach, chard, bok choy, or any combo) (~3 cups chopped)
- 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 broccolini if using) 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

Find additional recipes on Anathoth's website: [www.anathothgarden.org/category/recipes](http://www.anathothgarden.org/category/recipes)

**Day 1: Baked Greens Frittata** with side salad with lettuce and/or spinach

**Day 2: Decadent Greens** with Red Wine, with omelets

**Day 3: Lasagna**, with filling layers including sautéed spring onions, greens

**Day 4: Grilled cheese sandwiches** stuffed with steamed or sautéed greens, side salad

**Day 5: Salad bowl for dinner**, with your favorite toppings (nuts, cheese, etc.)

