

# HarvestShare List & Recipe Guide

Week 3 of 24  
Anathoth Community Garden & Farm

*Thank you for 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**
- **“Little Gem” mini buttercrunch 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!
- **Japanese salad turnips** (white, juicier and milder than the average turnip, tasty fresh or roasted) OR **beets**

### MEDIUM BOXES

- **Strawberries**
- **Head lettuce**
- **Kale or collards:** Saute, steam, boil, chop finely for a salad with your favorite dressing
- **Spring onions**
- **Spinach**

## Greens and/or Broccoli Braised in Coconut Milk

*Farmer-tested this past weekend – it's delicious! Adapted from Food52. Serves 4.*

### Ingredients:

- 1 tablespoon coconut oil
- 1 bunch spring onions, chopped
- 1 clove garlic, minced
- 1 tablespoon grated ginger
- 2 servings green veggies: any combo of chard/kale/collards (finely chopped) or bok choy or broccoli (chopped)
- ¾ cup coconut milk
- ½ cup vegetable broth, plus more as needed
- 1 tablespoon lime juice
- 2 tablespoons tamari, to taste
- 1 pinch salt, plus more to taste
- 1 pinch red chile flakes, to taste

### Directions:

- 1)** Melt the coconut oil over medium-high heat in a large wok or skillet. Add the onion and sauté for 4 to 5 minutes, or until it's clear and soft. Add the garlic and ginger and cook, stirring frequently, for another minute.
- 2)** Add the collard greens to the pan. Stir frequently for a minute or two, until the collards are just wilting (if it helps to wilt the greens, you can cover the wok or skillet for a moment).
- 3)** Add the coconut milk, vegetable broth, lime juice, and 1 tablespoon of tamari to the wok or skillet and stir everything well. When the mixture is simmering, reduce the heat to low. Cook for 15 minutes, or until the greens are totally tender. If the simmering liquid starts to dry up, add a few splashes of vegetable broth as you go along.
- 4)** Season the greens to taste with extra tamari, if desired, as well as salt and red chile flakes. Serve.

## 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: Greens and/or Broccoli Braised in Coconut Milk**

**Day 2: Caesar Salad Wraps**

**Day 3: Greens Pesto with Pasta**

**Day 4: Breakfast for Dinner: Strawberry-Greens Smoothie, Scrambled Eggs with Greens**

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

