

# HarvestShare List & Recipe Guide

Week 4 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
- Napa Cabbage
- Radishes: Chop for salads, sandwiches or pan-roast!
- Baby Kale
- Arugula: A delicious, peppery addition to fresh salads
- Cabbage
- Broccoli, Bok Choy or Turnips
- Garlic scapes! Garlic's flower stem. Chop and use like garlic

### MEDIUM BOXES

- Strawberries
- Napa Cabbage
- Rainbow Swiss Chard: Saute, stir-fry, steam, boil - interchangeable with cooked spinach
- Little Gem Lettuce or Salad Mix
- Radishes
- Garlic scapes! Garlic's flower stem. Chop and use like garlic

## Peanut Noodles with Napa Cabbage

Recipe taken from A Couple Cooks at [acouplecooks.com](http://acouplecooks.com)

### Ingredients:

- 1/2 lb Napa cabbage, shredded (4 to 5 cups)
- 1 red pepper
- 1/4 cup cilantro, finely chopped
- 1/4 cup peanut butter
- 1/4 cup rice vinegar
- 3 Tbsp toasted sesame oil
- 3 Tbsp soy sauce
- 1 Tbsp maple syrup
- 1 tsp Sriracha sauce
- 12 oz soba noodles (or whole wheat spaghetti)
- 2 limes
- 1/2 cup crushed peanuts

### Directions:

Shred the cabbage. Thinly slice the red pepper. Chop the cilantro and reserve for a garnish. Start a pot of water to boil. In a small saucepan, whisk together the peanut butter, rice vinegar, toasted sesame oil, soy sauce, honey and Sriracha sauce. Cook the sauce over low heat until it is warm and slightly thickened. When the water is boiling, cook noodles according to package directions. Meanwhile, place the red pepper in a colander over sink. When the noodles are cooked, drain them over the red pepper in the colander to slightly cook the peppers. Transfer noodles, peppers, and cabbage to a serving bowl, add the sauce, and toss until combined. To serve, garnished with chopped cilantro, fresh squeezed lime juice (a must!), and a generous helping of crushed peanuts.

## 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: Peanut Noodles with Napa Cabbage**

**Day 2: Garlic Scape Pasta**, with sautéed garlic scapes and mushrooms, spring onions, and fresh arugula & parm!

**Day 3: Salad bowl for dinner**, with your favorite toppings (strawberries, nuts, etc.)

**Day 4: Grilled Fish Tacos with Cilantro Lime Cabbage Slaw** (add radishes!)

**Day 5: Garlicky Swiss Chard & Chickpea Stir Fry**

