



This Week's Daily Harvest Express Farm Box Recipes

Fresh San Diego Goodness! Green Onions, Lettuce, Fingerling Potatoes, Spinach, 8 Ball Squash, Beefsteak Tomatoes, Apricots, White Nectarines, Donut Peaches, Yellow Peaches, and Santa Rosa Plums!



Happy Summer!

It's officially summer, the time of year when we want to be outside, and at the beach as much as possible. And the season when we want to spend less time in the kitchen & more time eating lighter & brighter foods. So, here's 3 tips to keep you out of the kitchen & in the sunshine with the rest of the family.

1. Use everything but the oven. Summer's a great time to break out the countertop appliances. Obviously, we love grilling in the summer, but use your slow cooker or pressure cooker and save the work & heat of the oven. Anything you can do to put it all in a pot & go! The microwave can be your friend in the summer, for when you don't plan ahead. Just about any veggie can be cooked quick and easy right in the microwave.
2. Get your produce ready ahead of time. You can chop & freeze zucchini, tomatoes, kale, spinach, and cucumbers. Blanching your veggies first will help them stay fresher longer, and in most cases, they'll be good for 12 weeks or more. Slice & freeze strawberries & peaches and puree your avocado to be fresh & ready!
3. Salads. We all think more of salads in the summer, and the possibilities of what can be a salad are endless!

Herb Potatoes with Spinach & Lemon

- 1 lb fingerling potatoes
- ½ lemon, juiced and zested
- ¼ cup olive oil
- ½ tsp sugar
- ½ cup washed spinach
- 1/3 cup flat leaf parsley, leaves only
- 1/3 cup fresh dill fronds
- 2 green onions, peeled and thinly sliced

1. Heat a large pot of water to boiling. Salt generously & add the potatoes. Cook for 15-18 minutes, until tender. Drain the water from the pot, slice the potatoes in half & place them back in the pot.
2. Whisk the lemon juice & zest, olive oil, and sugar in a measuring cup until combined & appears thick & opaque yellow. Pour over the potatoes & stir gently until potatoes are coated well.
3. Slice the spinach leaves into thin ribbons. Mince the parsley leaves & dill. Add all three ingredients to the pot & combine. Spinach & herbs will be wilted.
4. Season to taste & serve, hot, warm, or cold.

Fresh Veggie & Orzo 8 Ball Squash Bowls

- 2 8 ball squashes
- 1 ½ tsp Tbsp olive oil
- salt, pepper, chili flakes to taste
- 1 Tbs parmesan cheese
- ¾ cup uncooked orzo pasta
- Large pot of water
- 2 Tbsp olive oil
- 1 cup flavorino tomatoes
- ½ cup spinach
- 1 Tbsp pine nuts
- 2 Tbsp parmesan cheese

* For easier cleanup, less heat & energy being used, you can cook the squash in a slow cooker on high for about 1 ½ hours, instead of the oven. You can even cook the tomatoes in the slow cooker & just toast the pine nuts.

1. *Preheat oven to 375°
2. Cut tops off squash & scrape out insides with spoon. Drizzle with olive oil & coat evenly.
3. Season with ½ tsp salt, pepper & chili flakes, and sprinkle with parmesan.
4. Place squash in glass baking dish & bake for 40-45 minutes.
5. Meanwhile, cook orzo according to directions. Reserve ½ cup of the pasta water & drain the rest.
6. Add the tomatoes, pine nuts, 2 Tbsp of the olive oil, and salt to pan & cook on medium just until the pine nuts are slightly golden, 8-10 minutes. Turn off heat, add spinach and orzo & combine. Season to taste.
7. Scoop pasta into squash & serve.

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