



This Week's Daily Harvest Express Farm Box Recipes



Sweet Savory Fennel

We've got fennel in our boxes this week! With so many ways to use all parts of the plant, the options are endless! Great with any course from breakfast to dessert, here's 3 of our favorite fennel recipes that are perfect for this time of year.

Tomato & Fennel Salad with Grilled Flaked Fish

1/4 cup olive oil 2 tbl lime juice 1 garlic clove, minced 1 tsp chopped seeded jalapeno pepper, optional 1 tsp salt 1/2 tsp ground cumin	1/4 tsp pepper 2 sweet bell peppers 1-1/2 lbs sweet potatoes, peeled, cut into 1/2-inch slices 2 celery ribs, thinly sliced 3 green onions, thinly sliced 1/3 cup minced fresh cilantro
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1. For dressing, in a small bowl, whisk the first seven ingredients; set aside.
2. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill bell peppers over medium heat for 10-15 minutes or until the skins blister, turning frequently. Immediately place peppers in a large bowl; cover and let stand for 15 minutes.
3. Meanwhile, in a shallow bowl, drizzle sweet potato slices with 2 tablespoons dressing; toss to coat. Set remaining dressing aside. Arrange potato slices on a grilling grid; place on a grill rack. Grill, covered, over medium heat for 5-6 minutes on each side or until tender. Cut into bite-size pieces.
4. Peel off and discard charred skin from peppers; seed and coarsely chop. In a large bowl, combine the potatoes, peppers, celery, onions and cilantro. Whisk the dressing; pour over salad and toss to coat.

Apple & Lettuce Salad w Melon Dressing

Blend together with whisk or shake in a jar for dressing 1/2 cup melon purée 1/2 tsp roasted cumin seeds, crushed 3 tbsp chopped coriander salt and freshly ground black pepper powder to taste	1/4 cup grated carrot 1/2 cup chopped apples 1/2 tsp lemon juice 2 tbsp chopped grapes 1 tbsp chopped spring onion greens salt to taste
Salad 2 cups torn lettuce	

Put the lettuce and carrots in ice-cold water for 30 minutes. This will make them crisp. Drain, wrap in a clean dish cloth or paper towels and refrigerate till ready to use. Toss the apples in lemon juice and refrigerate till ready to use. Combine the lettuce, carrots, apples, grapes, spring onion greens and salt together in a bowl and mix gently. Just before serving, add the dressing and toss well. Serve immediately

Melon Salad with Grapes, Snap Peas and Cucumbers

A super refreshing salad full of water-rich foods

2 cups cubed watermelon 1 cup halved seedless grapes 1 cup snap peas, sliced on the diagonal 1/2 large cucumber, thinly sliced 1/2 cup whole almonds (or your favorite nut)	2 tablespoons fresh mint leaves, torn 1-2 tablespoons extra-virgin olive oil 1/4 tsp. salt 1/4 tsp. red pepper flakes
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1. In a large bowl, combine the watermelon, grapes, snap peas, cucumber, almonds and mint leaves. Drizzle with the olive oil and sprinkle with the salt and red pepper flakes, tossing gently to combine.
2. This salad can be served immediately. Or covered and refrigerated for a couple hours before serving.

Inspired by www.floatingkitchen.net

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