



This Week's Daily Harvest Express Farm Box Recipes

The harvest this week was grown by:

Dragon Tongue Beans & Arugula-**JR Organics**, Green Butter Lettuce-**Go Green**, Maui Onions-**Gaytan Family Farm**, *Salad Mix-**Sage Mountain Farm**, Heirloom Tomatoes-**Valdivia**, Grapefruit- **San Gabriel Farm**, Chocolate Persimmons-**Sweet Tree Farm**

Did you know?

- When we have fruits and veggies that don't make it to our box, we donate to those in need. This year alone, Daily Harvest Express has given 38, 319 POUNDS of produce to local food banks and animal shelters.
- When you refer a friend, you BOTH can get \$5 off your next box. There is a unique referral code on your account page that you can share with as many friends as you'd like. When they buy their first box, you'll both get a \$5 credit. To see how to share your referral code on social media, and all the details go to dailyharvestexpress.com/refer-a-friend
- You can add extra produce to your box! Visit the NEW Build a Box page & pick your favorites for next week. Available: **Apples, Pears, Plums, Persimmons, Cantaloupe, Grapes, Bananas, Citrus, Avocados, Onions, Acorn Squash, Celery, Cucumber, Kale, Sweet Potatoes, Fingerling Potatoes, Tomatoes, Peppers, Beets, Lettuce, Spring Greens**

Charred & Chilled Spicy Dragon Tongue Beans

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| <ul style="list-style-type: none"> • 1 pound dragon tongue beans • 1 Tbsp extra-virgin olive oil (plus more as needed) • kosher salt to taste • "Frenchie" Dressing • 3 scallions, thinly sliced lengthwise & into 3" | <ul style="list-style-type: none"> • ½ cup roasted almonds • 1 Tbsp freshly squeezed lemon juice • 1 pasilla pepper, thinly sliced • "Frenchie" Dressing • 1 tablespoon whole-grain Dijon mustard | <ul style="list-style-type: none"> • 2 tsp Dijon mustard • 2 Tbsp white wine vinegar • 1 small clove garlic, grated • 1 teaspoon freshly squeezed lemon juice • ½ cup extra-virgin olive oil |
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Dressing

Whisk both mustards with the vinegar, garlic and lemon juice in a medium bowl. While whisking, slowly drizzle in the olive oil. Continue whisking until the dressing is emulsified.

Beans

1. Toss the beans with the oil and salt until evenly coated. Heat two large skillet over high heat.
2. When the surface is hot, spread the beans in an even layer on the skillet & add another drizzle of oil, about 1 tsp per skillet. When the bottoms brown and blister, toss the beans and continue cooking for 3-5 minutes, until there's some char but still a little bite to them. Pull beans from the heat as they brown & place in a bowl.
3. Toss warm beans with 2 Tbsp of dressing. Let sit uncovered until room temperature. Cover & chill overnight.
4. When you're ready to serve, soak the scallions in a medium bowl of ice water until crisp, about 5 minutes. Pat dry.
5. Put the almonds on a cutting board and crush with a heavy skillet or the flat side of a knife until they crack into smaller pieces. On the board, drizzle the nuts with ½ tsp olive oil, sprinkle with ¼ tsp salt & toss until evenly coated.
6. Transfer two-thirds to the bowl with the beans. Add scallions, lemon juice, and as many pepper slices as you like and toss well. Taste and add more dressing if needed. Transfer to serving plates. Top with remaining almonds & serve immediately.

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Arugula Orange Salad

- 4 cups arugula
- 2 oranges, peeled & cut into segments
- 3 Tbsp olive oil 1 Tbsp Balsamic Vinegar
- sea salt to taste

1. Place arugula and oranges in a salad bowl.
2. Drizzle with oil and vinegar then season with salt.
3. Toss & serve.

From Elana's Pantry

www.DailyHarvestExpress.com

760.560.3867

info@dailyharvestexpress.com

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