



Farm Box Meals

WEEK OF MAY 24

grilled artichokes with thai-style marinade

You can trim and steam the artichokes in advance. If you have time, marinate them overnight & grill 10 minutes before serving.

Ingredients

2 artichokes	2 Tbs Asian fish sauce
1/2 lemon	2 Tbs rice vinegar
Splash of olive oil	2 Tbs lime juice
1" finger of ginger, peeled and minced	1 t ground cumin
3 cloves garlic, minced	1 pinch crushed red pepper
1 T brown sugar	1 green onion, thinly sliced
	1 lime

1. Trim artichoke stems, remove the small tough leaves on the outside, trim the top of the artichoke and the pointed tips on the leaves.
2. Put the artichokes cut-side-up in a covered pot fit with a vegetable steamer. Fill the bottom of the pot with water. Add a splash of olive oil and squeeze 1/2 a lemon over the artichokes. Add the squeezed lemon half to the pot. Bring the water to a boil, cover and steam for 35 minutes, until tender. Remove from the steamer and set aside to cool.
3. **Sauce:** mix the ginger, garlic, sugar, fish sauce, rice vinegar, lime juice, cumin and crushed red pepper together in a small bowl.
4. Slice cooled artichokes in half from stem to top. Use a spoon to remove the artichoke heart. Place the artichokes in a zip-lock plastic bag and pour half of the sauce over the artichokes. Refrigerate overnight is awesome, but 30 minutes is okay too.
5. Add sliced green onions to the remaining sauce and refrigerate until ready to serve.
6. Grill the artichokes over a medium-hot grill, cut-side down for 5 minutes. Flip over and grill another 4 minutes. Serve with the dip. Garnish with lime wedges.



Did YOU KNOW?
 We source from certified organic farms and small scale family farms in our community that may not be certified organic but practice regenerative agriculture, focusing on increasing biodiversity, soil health, and nutrient density.



You Get MORE!

More items are going into your farm boxes! As we grow we are able to pass our savings on to you, our valued customer. Whoohoo!



mushroom curry w/ spinach & chickpeas

Ingredients

1 tbs olive oil	2-3 chopped tomatoes
1 onion sliced	1 can full fat coconut milk
2 cloves of garlic minced	1 can chickpeas drained & rinsed
1" piece ginger peeled & grated	1/2 lb mushrooms, wiped clean & sliced thickly
1 red chilli pepper seeds and pith removed, then chopped finely	4 oz spinach leaves
1 heaped tsp ground fenugreek	1/2 tsp sea salt
1 heaped tsp turmeric	1/4 tsp cracked black pepper
1 heaped tsp curry powder	1 small handful of coriander/cilantro leaves to serve
1 tsp yellow mustard seeds	lime wedges to serve

1. Heat oil in a large pan. Add onion, cook till soft & golden over medium heat. Add garlic, ginger, chili & cook 2 more minutes. Stir & cook 1 minute more. Add water if too dry.
2. Add mushrooms, a splash of water and stir till covered with spices. Season with salt & pepper.
3. Add tomatoes and chickpeas, stir and simmer for 5 minutes. Add coconut milk, stir and simmer gently for 5 more minutes.
4. Add the spinach. As soon as it's wilted it's ready! Can serve with basmati rice, lime wedges & coriander leaves

Questions? Comments? Contact us at info@dailyharvestexpress.com