

**Store it:**

Wash & dry. Put in a plastic container wrapped with moist paper towel in your veggie crisper

Stays fresh:

3-5 days
when stored properly

Healthy bennies:

Helps prevent cancer, osteoporosis, diabetes, and heart disease

Arugula

Arugula is cruciferous veggie in the same family as cabbage, broccoli and mustard greens. It was used in ancient Rome as a medicinal herb. It's widely used in Italian dishes and has a distinct peppery, but pleasant bite to it that adds delicious flavor to salads, sandwiches & meat dishes.

How to use it

- Mix it in salads with other lettuce or on it's own. Pairs well with a vinegar or citrus dressing.
- It works well raw and cooked. Swap in arugula with recipes calling for spinach or kale.
- Make a pesto sauce with it.
- It pairs well with beef, so you can top your next cheeseburger or pair it with your tri-tip and add some blue cheese to knock it out of the park

Store it:

Trim fronds 3" above the bulb. Store in a plastic bag in fridge. Finely chop fennel stalks & leaves. Store separately

Stays fresh:

5-7 days
when stored properly

Healthy bennies:

Helps with inflammation, controls hunger and is antibacterial,

Fennel

Even though it's not a root, it's part of the carrot family. Fennel's a sweet-smelling herb that has a pale green bulb and long green feathery stalks. You can eat both the crunchy bulb, leaves & seeds (great for tea). Its unique flavor makes it one of Chef Michael's favorite vegetables and he uses it in virtually everything! It tastes like anise, but much, much milder, sweeter and more delicate.

How to use it

- This is how to cut it: First, cut the bulb in half to keep it flat. Remove the core at the root end. You can quarter it, wedge, julienne, dice or slice it. Then you can slice it either horizontally or vertically.
- If you want to eat it raw in a salad, slice the bulb very thin, and marinate in lemon juice, olive oil & salt. Then you can use it together with other greens, nuts, and cheese. You can also sauté it with onion, herbs and sundried tomatoes and toss with pasta.
- If you want to roast it, cut it into wedges, toss with olive oil, salt & pepper and roast at 400 for 30 minutes.
- Don't toss the tops!! Finely chop the feathery leaves to flavor pestos, salsas, soup stocks, curries, and dressings. You can add to yogurt dips, eggs, stir-fries and seared meat or on top of roasted veggies. Fennel stalks can take the place of celery in soups and stews and can be used as a bed for roasted chicken and meats.

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