

MAKE REAL FOOD - SIMPLE

Helping you make the most out of your produce! Then we can all help sustain local agriculture in our community.



WEEK OF AUG 30 Farm Box Meals



TASTY EASY WAYS TO COOK CAULIFLOWER

Cauliflower Steaks

- Cut 1/2" thick slices across head to make "steaks"
- Brush with olive oil, season w/ salt, pepper, garlic & onion powder
- Grill till slightly charred on both sides

Cauliflower Mash that tastes like mashed potatoes

- Boil whole head & put into high speed blender with 2 cloves garlic, 2 T sour cream, a little broth or water, salt & pepper.
- Blend well, then put back in pot on stove, uncovered over low heat for about 45 minutes to let it thicken up.

Tahini Turmeric Florets

- Make a paste with Tahini, olive oil, turmeric, lemon juice, minced garlic & a little cold water.
- Toss cauliflower florets with paste till well covered.
- Bake at 375F till soft and browned well. Top with chopped cashews & cilantro



Prep tip:

remove leaves, rinse, pat dry & core

DID YOU KNOW?

Asparagus is a perennial
The same plant regrows every year.



Prep tip:

Gently snap stalk to break off the tough end.

BEST WAYS TO COOK YOUR ASPARAGUS

Keep it Simple!

Boil or Steam - Drop into salted boiling water (or into basket over boiling water) for 2 minutes, then quickly into ice cold water to stop the cooking.

Briefly toss with heated olive oil or melted butter to reheat.

Pan or Oven Roast (or Grill) - Coat asparagus with olive oil, salt & pepper (not too much)

Cook on high heat (400F in oven) 8 to 10 minutes till tips are starting to brown.

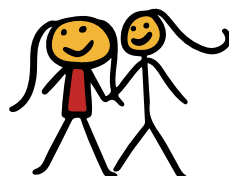
Squeeze fresh lemon over it. Parmesan cheese is nice too.

JUICING? MAKE THESE VEGGIE BALLS WITH THE PULP

- 2 cups pulp (kale, cucumber, apple, beet, celery, carrot)
- Chop & sauté 1 onion, 1 zucchini, 2 cloves garlic in olive oil till tender. Mix together with pulp.
- Add in 1 egg, 2 tbsp. flax seed soaked in water, salt & pepper, chopped fresh oregano & basil.
- You can add Nutritional Yeast or Feta cheese.
- Form into balls and place on sheet pan.
- Bake 15 minutes at 375F.
- Toss in fresh tomato marinara sauce over pasta or zoodles.



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