

Sustaining our community's local farms & Helping you make the most out of your produce



WEEK OF AUG 9 Farm Box Meals



Summer Salads

CHARRED KALE & CITRUS SALAD

- 2 T seasoned rice vinegar
- 2 T cup tahini
- 1 garlic clove
- 3 T olive oil
- 1/2 C fresh cilantro, chopped
- Kosher salt
- 1 bu kale, ribs & stems removed, leaves torn
- 1/2 pink grapefruit
- 1 T toasted sesame seeds

1. Blend vinegar, tahini, garlic, 5 T oil, 5 T water in a blender. Add cilantro & blend till smooth. Add salt to taste.
2. Heat 1 T oil in a heavy skillet over medium-high. Add half of kale to skillet and cook 1-2 minutes. Toss just once or twice until kale is slightly wilted. It will be charred underneath but still bright green. Transfer to a medium bowl.
3. Drizzle 1/2 of the dressing over kale. Toss to coat.
4. Slice the grapefruit & remove peel. Break into sections & scatter citrus over kale.
5. Drizzle salad with more dressing. Top with toasted sesame seeds. Save the leftover dressing for the next time!

SEARED PEACHES & WATERCRESS SALAD

- 2 cups watercress, thin stems and leaves only
- 1 still firm peach
- 1 t avocado oil
- 1 T shelled roasted pistachios
- 1 T olive oil
- 2 t balsamic vinegar
- Freshly cracked black pepper

1. Put your rinsed & dried watercress into a salad bowl.
2. Slice peach in half, & slice each half to get six slices total.
3. Heat skillet over med-high heat. Add oil. When hot, sear each side of the peach slices for about a minute till brown.
4. Place the hot peaches on top of the watercress.
5. Chop the pistachios and sprinkle on top of the salad.
6. Drizzle with olive oil and balsamic vinegar to taste, topping with fresh black pepper.

RAW BRUSSELS & SAUTEED MUSHROOM SALAD

Mushrooms:

- 1 C Cremini mushrooms, sliced
- 1/2 C onion, chopped
- 1 clove garlic, minced
- 1 t fresh thyme
- 1 t fresh parsley chopped

- 1/4 t salt & black pepper
- 2 T olive oil
- 1 T wine (white or red)

Salad dressing:

- 3 T extra virgin olive oil
- 1 1/2 T lemon juice
- 1 1/2 T apple cider vinegar
- 1 1/2 T maple syrup

- 1/4 t salt
- 1/4 t black pepper

Salad:

- 1 C brussels sprouts chopped
- 1 t fresh parsley chopped
- 2 oz parmesan cheese
- 1 egg
- 1 t olive oil

1. Sauté the mushrooms: Heat 2 T of olive oil in a fry pan, add mushrooms & onions, sauté till soft & browning
2. Add garlic, salt, pepper, paprika, thyme, parsley, wine – cook 2 minutes more & set aside
3. Make the salad dressing: In a small bowl whisk together olive oil, lemon juice, vinegar, maple syrup, salt, & pepper.
4. Soft boil the egg: Fill small pot with water, heat to boil.
5. With a slotted spoon slowly submerge egg into boiling water. Cook 5 min.
6. Remove egg place into ice cold water. Peel shell from egg and set aside.
7. Assemble the greens: Pour some of the salad dressing into bottom of a salad bowl.
8. Add chopped brussels sprouts & mushrooms & toss with dressing.
9. Cut egg in half and place on top. Season w/ salt & pepper.

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creations

