



SIMPLE, FRESH FARM BOX MEALS

SEP 6, 2021

Keeping it simple so you can eat well & continue to help sustain local agriculture in our community. Hope you find it useful!

About those Asian pears

Asian Pears are a true pear, though they have the shape and crunch of an apple. The Asian Pears we get are from Sweet Tree Farms, so you know they're organic. They're picked when they're ripe, so when you get them, they're ready to eat. Ripe Asian pears are firm. Even though they're firm, they still bruise easily. Keep them in the refrigerator if you're not ready to eat them but let them come back to room temp before eating to enjoy their full flavor. The best way to eat an Asian Pear is with your hand and just let the juice dribble down your chin 😊

They also "pear" well with greens!

Asian Pear Watercress Salad

YOU'LL NEED

1 Asian pear julienned
1 Watercress (1 bunch)
1 carrot shredded
1 Persian cucumber
1-2 radishes

ALL YOU HAVE TO DO

Place into bowl in this order:

Julienned pear into ¼" sticks
Thinly sliced cucumber
Thinly sliced radish
Trimmed Watercress
Season with salt & pepper and gently toss. Divide onto plates and drizzle with the **Sesame Ginger dressing**. Top each serving with shredded carrot.

How to Julienne: Cut the pear in half from the stem down and set it down on the flat side so it's stable. Thinly slice lengthwise with a chef's knife into uniform narrow slabs, ¼" or narrower. Stack a few slabs at a time and cut lengthwise again into narrow strips.

Sesame Ginger Dressing

YOU'LL NEED

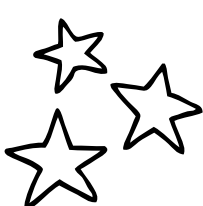
2 Ts toasted sesame oil
2 T olive oil
2 T Tamari
2-3 T rice vinegar
1 ½ T pure maple syrup
2 cloves garlic, finely minced
1 T freshly minced ginger
Make it creamy: add 1 T tahini

ALL YOU HAVE TO DO

Two Ways to Make It:

For a Salad: add all the ingredients to the bottom of your salad bowl and whisk together until smooth and emulsified.

For a Marinade: add everything to a blender or food processor and blend until smooth.



Happy Labor Day!!

We're delivering Tuesday through Friday this week. Stay safe. Enjoy your holiday.