



SIMPLE, FRESH FARM BOX MEALS

NOV 1, 2021

Simple recipes so we can eat well & support local agriculture

Cauliflower Spinach Soup

YOU'LL NEED

- 1 head garlic, cloves peeled & smashed
- 1 head cauliflower cleaned & cut up
- 1 medium sweet onion, peeled & quartered
- 1 1/2 t olive oil
- 8 oz spinach leaves
- 1/2 t salt
- 1/4 t black pepper
- 1 t thyme
- 1 bay leaf
- 1/2 t red pepper flakes
- 1 t tamari or soy sauce
- 2 quarts vegetable broth

ALL YOU HAVE TO DO

- In a soup pot, heat the oil and sauté the onions and thyme 5 minutes. Add the cauliflower and cook a few minutes. Add spinach and broth.
- Add salt, black pepper and red pepper flakes.
- Cover and cook until tender, about 30 minutes. Remove from heat.
- Using an immersion blender, puree the cauliflower or transfer it to a blender and then back to the pot.
- Return the pot to the heat. Simmer on low and add bay leaves, salt, pepper and soy sauce. Adjust to taste. Cook 10 more minutes. Remove bay leaf before serving.

Crispy Smashed Potatoes

YOU'LL NEED

- 3-4 medium potatoes
- 1 T salt (for boiling)
- 2 T unsalted butter, melted
- 1 T olive oil
- 3/4 t salt
- 1/4 t black pepper
- Finely chopped parsley

ALL YOU HAVE TO DO

- Cook potatoes in boiling water with 1 T salt for 25 minutes, till tender
- Drain and let dry in colander for 5 minutes
- Heat oven to 400°F
- Place taters on a cookie sheet, then with a large fork or potato masher, squish them flat as possible, keeping in one piece.
- Let dry another 5 minutes
- Drizzle with melted butter, then olive oil. Season with salt & pepper.
- Bake for 45 minutes until golden and crispy. Garnish with chopped parsley.

Microgreens, Persimmon, Citrus Salad

YOU'LL NEED

- 1 apple, sliced
- 1 orange, peeled
- 1 persimmon, sliced
- Microgreens
- 2 T red wine vinegar
- 2 T olive oil
- Salt & pepper

ALL YOU HAVE TO DO

- Peel & segment orange. Squeeze juice from segments into a bowl
- Arrange orange segments, persimmon & apple slices, & microgreens onto 2 plates.
- Whisk orange juice, vinegar, olive oil, salt & pepper together and drizzle over salad just before serving.

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