



SIMPLE, FRESH FARM BOX MEALS

OCT 25, 2021

Simple recipes so we can eat well & support local agriculture

Garlicky Bok Choy Noodle Soup

YOU'LL NEED

- 1 T olive oil
- 1/2 onion, diced
- 1/2 C fresh cilantro or basil, chopped
- 4 cloves garlic, minced
- 1 T ginger, minced
- 5 C broth or water
- 2 star anise, whole
- 2 T soy or tamari
- 1/2 lb mushrooms
- 6 oz ramen noodles
- 1 bok choy, chopped
- sesame seeds
- red pepper flakes

ALL YOU HAVE TO DO

- Heat olive oil in a large pot on medium heat
- Add diced onion & cook 5 minutes, stirring often
- Add minced garlic and ginger. Cook a quick 1-2 minutes till fragrance blows your mind
- Pour broth or water into the pot and bring to a simmer. Add the star anise (whole) and soy sauce. Cover & simmer 10 minutes
- After that, remove the star anise from the pot of soup
- Add sliced mushrooms, uncooked noodles and bok choy & cook ~6 minutes till the bok choy is tender. Season to taste
- Divide soup into bowls and top with cilantro, red pepper flakes, and a squeeze of fresh lime.

Orange & Maple Glazed Carrots

YOU'LL NEED

- 1 bu carrots, washed & topped (I don't believe in peeling carrots)
- 2 T olive oil
- 3 T pure maple syrup (or honey, or brown sugar)
- 2 t ginger, grated
- 2 T fresh orange juice
- 1 T orange zest
- 1/2 t ea salt & pepper
- 1 t fresh rosemary
- Thyme

ALL YOU HAVE TO DO

- Heat oven to 400°F and line your cookie sheet with parchment or foil
 - Wash & dry the carrots well and put in a bowl
 - Whisk together olive oil, maple syrup, ginger, ora seasonings & herbs and pour over the carrots
 - Mix well to coat & spread evenly in the pan. Sprinkle with the thyme & orange zest
 - Bake for 25 to 30 minutes, until tender. Drizzle over more of the syrup if you want.
- **If your carrots are all different sizes, then cut them vertically to all be a similar size so they cook evenly

Persimmon, Pear, & Pom Salad

YOU'LL NEED

- Pomegranate seeds
- 1 each -avocado, pear, persimmon, sliced
- Leafy greens
- 1/2 C fresh orange juice
- 2 t honey
- 1/4 C olive oil
- 1/4 t Dijon mustard
- Salt & pepper

ALL YOU HAVE TO DO

- Whisk juice, honey, oil, mustard, salt & pepper together to make the dressing.
 - In salad bowl, with greens on the bottom, assemble the fruits together.
 - Mix in the dressing just before serving
- **Optional - add in toasted pecans, walnuts or almonds

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