



SIMPLE, FRESH FARM BOX MEALS

NOV 29, 2021

Simple recipes so we can eat well & support local agriculture

Chunky Red Potato & Dill Soup

YOU'LL NEED

- 3 carrots
- 3 celery ribs
- 1 large onion chopped
- 4 cloves garlic
- 2 lbs red potato
- ½ stick unsalted butter
- 4 C vegetable broth
- 1 C milk or heavy cream
- 1 C fresh chopped Dill (packed)
- Salt & pepper
- 1 tsp dried thyme

ALL YOU HAVE TO DO

- Slice carrots, celery, & red potato into ½ inch pieces.
- Chop onion & garlic to preferred size.
- In 5-6qt pot Sauté vegetables in butter, covered, over medium heat, until they begin to brown & stick to bottom of pot. (Sauté garlic last, don't burn)
- Add veggie broth, 1 1/2 teaspoons salt, & 1/4 teaspoon pepper, dried thyme & simmer, covered, until vegetables are tender.
- Add ½ cup fresh dill, then transfer 2 cups soup to a blender with milk and blend until smooth.
- Return to pot, then stir in remaining dill and salt and pepper to taste.
- Serve & enjoy a warm bowl of happiness!

Butter Lettuce & Sunshine Salad

YOU'LL NEED

Salad

- 3 C butter lettuce
- 2 medium oranges
- 1 Avocado
- ½ C toasted pine nuts
- 1 C red onion
- 1/3 C citrus parmesan dressing

Sunshine Dressing

- 1/3 C fresh grated parmesan
- Zest and juice of 2 oranges
- 2 tbs shallots (chopped)
- 1 C extra virgin olive oil
- 2 tbs white wine vinegar
- 2 pinches each salt & pepper

ALL YOU HAVE TO DO

Salad

- Wash, dry, & roughly tear butter lettuce into pieces & set aside.
- Thinly slice your red onion, & avocado.
- Zest & juice 2 oranges, tear remainder into pieces. (Add more oranges if you like)
- In a large bowl combine butter lettuce, oranges, nuts, onion.
- Drizzle with citrus parmesan dressing, add avocado, & gently toss.
- Top with freshly grate or shaved parmesan cheese.

Dressing

- In medium bowl combine grated parmesan, shallots, orange zest & juice.
- Whisk in white wine vinegar first, then whisk in olive oil, & season with salt and pepper

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