



SIMPLE, FRESH FARM BOX MEALS

MAR 21, 2022

Simple recipes so we can eat well & support local agriculture

Spring Kale Salad with Mixed Berries

YOU'LL NEED

- 1-2 bunches black kale
- ½ C fresh blueberries
- ½ C fresh strawberries - sliced
- ½ C crumbled feta cheese - **variations**

Goat cheese or blue cheese

- 3 tbs extra virgin olive oil
- 2 tbs lemon juice & zest of ½
- 1 tbs orange juice & zest of ½
- 2 tbs regular honey - **variations**

honey mustard

Dijon mustard mixed w/honey

- ¼ tsp each salt & pepper
- 1/3 C toasted or candied chopped nuts or toasted pepitas (optional)

ALL YOU HAVE TO DO

- Wash & prep your berries & Kale. Remove stems from kale & chop or tear into bite size pieces.
- Place kale in a large bowl & drizzle w/olive oil sprinkle w/ salt & massage kale until well coated & slightly wilted, set aside.
- In a separate bowl while constantly whisking combine lemon & orange juice, zest, remaining olive oil, and honey or honey mustard mixture w/fresh ground black pepper & salt to taste. The fresh black pepper combine with the fresh strawberries & feta make for a heavenly mixture!
- You can serve this yummy salad a couple of different ways:
 1. Add your berries, cheese, & nuts of choice to your kale, drizzle w/dressing & gently toss then serve.
 2. Serve your kale & dress the top w/ berries, cheese, & nuts then drizzle the top w/dressing, serve & enjoy!

NOTE: We do our best to share recipes that are versatile and can be customize anyway that you like. Feel free to be creative and add or substitute in any of your favorite ingredients! We also love hearing any suggestions that you may have for us!

Moroccan Style Shredded Carrot Slaw

YOU'LL NEED

- 1-2 bunch carrots - peeled & shredded
- 3 tbs chopped parsley + more for garnish

Dressing

- ¼ C EVOO
- 1/3 C lemon juice
- 1-2 Garlic clove
- 1 tsp salt
- 1 tsp ground cumin
- 1/8 tsp cayenne pepper

ALL YOU HAVE TO DO

- Wash & prep your carrots & herbs. Shred your carrots the easiest way, hand grater or food processor w/grater attachment. Then place in a bowl & set aside.
- Make the dressing by whisking together lemon juice & spices. Keep whisking while slowly adding the olive oil to emulsify the ingredients.
- Toss dressing w/shredded carrots & parsley. Chill for 1 hour, allow carrots to marinate.
- Serve as a side dish with roast pork, brisket, lamb, beef, chicken, or fish. Or you can enjoy it all by itself!

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