



# SIMPLE, FRESH FARM BOX MEALS

JULY 25, 2022

*Simple recipes so we can eat well & support local agriculture*

## Roasted Artichokes with Fresh Lemon & Garlic

### YOU'LL NEED

- 1 lemon
- 2 tbs salt
- 1-2 bay leaves
- 1-3 cloves garlic - whole
- 1 lb artichokes
- ½ lemon - juiced
- 2 tsp garlic - minced
- 2 tbs olive oil - additional for brushing
- Pinch of red pepper flakes for paprika - optional
- Salt & pepper to taste
- Fresh grated parmesan cheese - optional

### Give \$20 Get \$20

If you love our food & service, please share us with your friends!

Check your account page for more info.

### ALL YOU HAVE TO DO

- Trim the stems off the artichokes. Remove tough outer leaves, & trim the thorny tips from the remaining leaves.
- Bring a 5-quart pot of water to boil. Add 2 teaspoons salt, garlic cloves, bay leaf, & juice of one lemon.
- Place the artichokes in the boiling water & cook till tender, 6-12 minutes. Remove the pot from heat, drain the artichokes & cool until they can be handled.
- Cut artichokes in half & remove the prickly choke (if present - mine didn't have any), discard the choke. Cut each half in half again. Combine the 2 tablespoons olive oil & juice of half a lemon in a bowl large enough to mix. Add salt & pepper to taste.
- Toss the artichokes with the olive oil mixture & let marinate while you preheat the grill to medium-high heat, or up to 3 hours.
- Place the artichokes (cut side down) on a grill preheated to medium-high heat. Grill for 4-5 minutes. Remove artichokes from the grill & toss in the bowl with the marinade. Add garlic & stir to combine. Add additional salt & pepper, if needed. Artichokes can be served with a small sprinkling of freshly grated parmesan.

## Sweet JoAnn's No Bake Peach Pie

### YOU'LL NEED

#### Crust

- 2 C pecans OR walnuts, ½ & ½
- ½ C dates
- Dash of sea salt
- 1 tbs cinnamon

#### Filling

- 6 large peaches
- 4 tbs honey
- 2 tbs lemon juice

### ALL YOU HAVE TO DO

- **For the crust**, place the date, nuts, salt, & cinnamon into a food processor & pulse until well combined.
- Press the crust mix firmly into the bottom of a 9 in pie pan. Place the crust in the freezer for 15-30 minutes while you make the filling.
- **For the filling**, peel & slice all 6 peaches into a medium bowl. In a small bowl, whisk together lemon juice & honey until combined. Pour over the peaches & toss gently to coat. Arrange the peaches in the pie crust & serve. You can add some fresh berries before serving for garnish & extra flavor.

*Thank you for supporting local!*