



SIMPLE, FRESH FARM BOX MEALS

OCT 3, 2022

Simple recipes so we can eat well & support local agriculture

Easy Breezy Baked Artichokes

YOU'LL NEED

- 2 artichokes, rinsed & trimmed
- 1 whole lemon (cut in half)
- 4 cloves garlic (slivered)
- 2 Tbsp. olive oil
- Sea salt to taste



Thank you for supporting local!

ALL YOU HAVE TO DO

- Preheat oven to 425°F. Squeeze ½ a lemon on the top of each trimmed artichoke. Drizzle each artichoke with olive oil (allowing oil to go in between artichoke leaves). Stuff two cloves of garlic between leaves of each artichoke.
- Sprinkle each artichoke with salt & any other herbs. Double wrap each artichoke with foil. Sealing well on top by twisting foil. Place foil packets of artichokes in oven & bake.
- artichokes: Bake for 1 hour. Remove Artichokes from oven. When cool enough to handle, unwrap artichokes & enjoy with additional lemon or your favorite dipping sauce

Sweet & Savory Harvest Salsa

YOU'LL NEED

- ½ C Angelo plum
- ½ C Red Grapes
- ¼ C red onion, finely chopped
- ¼ C cilantro chopped
- 2 tbs freshly squeezed lime juice
- 1 tbs jalapeño or ¼ cup green bell pepper
- salt and ground pepper to taste

ALL YOU HAVE TO DO

- In a large bowl, combine plums, grapes, onion cilantro, diced peppers, and lime juice.
- Season to taste. Add salt and pepper to your liking serve and enjoy!

NOTE: Add any fresh ingredients avocado, cucumbers, pomegranate or tomatoes!

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