



# HoopHouse Harvest



Week 4: May 30<sup>th</sup>/June 1<sup>st</sup>

## What's in your box??

(This list is tentative and could change.  
Final list will always be on our homepage.)

-  Asparagus
-  Arugula
-  Chinese Cabbage
-  Fennel
-  Greens Mix
-  Kohlrabi, green OR purple
-  Radish, salad
-  Scallions
-  Spinach
-  Tomato OR Mint

## Helpful Hints, Tips, and Ideas

1. If any of your greens (lettuce mix, greens mix, spinach, arugula, lettuce heads, etc.) are a little wilted when you open your box, do not be alarmed. Take them out and give them a nice COLD rinse when you get home and they should perk up.
2. You will see three different bagged items in your box this week. You will find spinach, arugula and greens mix in the bags. For bagged items, make sure you keep air out of them and put them in your fridge. If you have a crisp or vegetable drawer you can put it in, that could keep it fresher but is definitely not needed. All three will probably need a wash and rinse a few times before eating.
3. We are always excited when we harvest and deliver fennel as sometimes it is a finicky crop that doesn't always grow and mature so we are happy to say that you will see a fennel bulb (with fronds) in your box this week!
4. You will find another kohlrabi bulb in your box this week. You will find either a purple or green bulb in your box. There is really not much of a difference between the purple and green kohlrabi varieties with color being the main difference.
5. You will see the small, round, red salad radishes in your box this week. These are great on salads or with vegetable dip.
6. You will either find several sprigs of mint or a pint of tomatoes in your box.

## Chinese Cabbage Salad

### Ingredients:

- 1 head **Chinese cabbage**
- 1 bunch minced **green onions**
- 1/3 cup butter
- 1 (3 ounce) package ramen noodles, broken
- 2 tablespoons sesame seeds
- 1 cup slivered almonds
- 1/4 cup cider vinegar
- 3/4 cup vegetable oil
- 1/2 cup white sugar
- 2 tablespoons soy sauce

### Prep:

1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Recipe adapted from [allrecipes.com](http://allrecipes.com)

## Squash and Fennel Salad

### Ingredients:

- 2 small summer squash, (about 12 ounces)
- 1½ cups sliced **fennel bulb**, (about 1 small bulb), plus 1 tablespoon **chopped fennel fronds**, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup thinly sliced garlic

### PREP:

1. Preheat oven to 450°F.
2. Quarter squash lengthwise, then cut crosswise into 1-inch pieces. Combine the squash with sliced fennel, oil, thyme, salt and pepper in a large bowl. Spread the mixture evenly on a large, rimmed baking sheet. Roast for 10 minutes. Stir in garlic and roast until the vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds and serve.

Recipe adapted from [eatingwell.com](http://eatingwell.com); Serves: 4