



HoopHouse Harvest



Week 3: May 31st/June 2nd

What's in your box??

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

-  Asparagus
-  Basil Plant
-  Dinosaur Kale
-  Kohlrabi, purple
-  Kohlrabi, green
-  Green OR Red Butterhead Lettuce
-  Pac Choy, black summer
-  Spinach

Helpful Hints, Tips, and Ideas

1. You will be picking up one green basil plant along with your box this week!! Please be careful to protect the stem on the way home. Once you get it home, feel free to start using it or let it keep growing so you will have basil throughout the whole summer. It will need to stay watered and it does need direct sunlight so putting it by a window would be best. You can plant it in a pot outside or put it right into the ground. If you plant it in dirt, no need to take it out of the pot as the pot is organic material and can go right in the ground. The sooner you get it into a larger pot/place the better as it will bolt if it gets to root bound.
2. You will see both a purple and a green kohlrabi bulb in your box this week. Remember, feel free to use the leaves but remember to remove them as soon as possible so the bulb stays fresh and does not dry out. The leaves can be stored in the fridge also but will not last as long as the bulb.
3. You will see a different variety of choy in your box this week too. This variety is smaller. The stems are slightly darker green with a hint of purple/brown in them compared to the white stems of the bok choy you received week 1.
4. You will see either a green or red butterhead lettuce in your box this week. This item follows last week's OR as the second part of both the red and green butterhead lettuce rows are now mature and ready for harvest this week when they were not last week.
5. Remember to give any wilted greens a quick cold shower if need be!!

Grilled Pork Chops & Bok Choy with Sesame Garlic Glaze

Ingredients:

- 3 TBL soy sauce
- 1 ½ TBL sesame oil
- 1 ½ - 2 tsp Vietnamese-style chili garlic sauce
- 4 pork chops
- 8 large stalks **bok choy** (including greens), root ends trimmed

Prep:

1. Combine soy sauce, sesame oil, and chili garlic sauce in a large, deep plate. Place pork chops in the mixture and coat all surfaces.
2. Let stand at room temp., turning occasionally, while you prepare an outdoor grill to med.-high heat.
3. When grill is ready, remove chops from marinade and grill until just done, 3-4 min. per side.
4. Meanwhile, grill the bok choy stalks until tender, about the same amount of time as the chops, basting them with the remaining marinade while they cook.
5. Serve with rice or an Asian noodle dish.

Recipe found in *From Asparagus to Zucchini*, p. 31
Serves: 4

Sesame-Roasted Asparagus With Wasabi Vinaigrette

Ingredients:

- 1 pound **asparagus**, trimmed
- 4 tablespoons toasted sesame oil, divided
- Kosher salt
- 2 teaspoons wasabi powder
- 2 tablespoons warm water
- 1 tablespoon rice wine vinegar
- 1 tablespoon neutral vegetable oil, such as grapeseed
- Sesame seeds

PREP:

1. Preheat the oven to 425°F.
2. Toss the asparagus in 2 tablespoons of sesame oil, spread out on a baking sheet, and sprinkle with salt. Roast for about 15 minutes, or until just tender and lightly browned in places.
3. To make the vinaigrette, put the wasabi into a screw-top jar, add the warm water, and mix into a paste. Add the rice vinegar, vegetable oil, the remaining 2 tablespoons of sesame oil, and some salt, put the lid on, and shake vigorously for a few seconds until smooth.
4. Arrange the asparagus on individual plates, and drizzle the vinaigrette on top. Sprinkle with sesame seeds. Serve hot or at room temperature.

Recipe found on popsugar.com
Serves: 4