



# HoopHouse Harvest



**Week 3: May 15<sup>th</sup>/17<sup>th</sup>**

## What's in your box??

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

-  Asparagus
-  Scallions
-  Rhubarb
-  Potatoes
-  Arugula
-  Head Lettuce
-  Escarole
-  Radishes
-  Basil Plant

## Helpful Hints, Tips, and Ideas

1. Unpack your box immediately! This allows you to store and/or use your veggies when they are most fresh.
2. Always wash your veggies before you use them. Some might need multiple baths (i.e. lettuce). We do hydro-wash the veggies after harvest but some dirt can and will remain.
3. 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.
4. Don't be surprised to find a mixture of red and easter egg (dark maroon, purple, white) radishes in your box again.
5. You will find a small bunch of rhubarb in your box this week! We have removed the leaves for you already as they are actually not good for you and can be poisonous to eat.
6. You will find one of four varieties of head lettuce in your box this week including butterhead, green or red leaf, or romaine lettuce.
7. Escarole is a more unknown green. It is usually cooked or sautéed and has a mildly bitter taste in its large, plump leaves. It looks very similar to a normal lettuce head but will be all green in color with soft leaves.
8. You will find a basil plant of the Genovese variety at your site which you should take ONE along with your box.

## Sautéed Escarole

### **Ingredients:**

- 2 Tbl olive oil
- 2 small or 1 large **head of escarole**
- 2-3 garlic cloves
- Coarse sea salt

### **Prep:**

In a large skillet, heat oil over medium. Add garlic, and cook until fragrant and lightly golden, about 3 minutes. Stir in escarole; season with salt. Cook, stirring frequently, until tender, about 10 minutes.

Recipe adapted from [MarthaStewart](#), originally seen on Pinterest

## Roasted Garlic Asparagus & Mushrooms

### **Ingredients:**

- 1 bunch of **asparagus**
- 5 large white mushrooms, sliced
- 1 tablespoon olive oil
- 1 clove of garlic, minced
- salt and pepper to taste

### **Prep:**

1. Preheat oven to 350 F.
2. Wash and prepare the vegetables. Cut off woody ends of the asparagus and cut into 2 inch pieces. Add to a medium-sized roasting pan.
3. Slice mushrooms and add to pan.
4. Add garlic, salt and pepper. Drizzle olive oil and toss to coat.
5. Roast for 35 minutes.

Recipe adapted from [AheadOfThyme](#), originally found through google search.