



HoopHouse Harvest



Week 1: May 9th/11th

What's in your box??

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

-  Bok Choy
-  Kale, curly
-  Red OR Green Leaf Lettuce
-  Greens Mix
-  Lettuce Mix
-  Rhubarb

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. You will see either a red or green head of lettuce in your box this week. We have both varieties and a portion of each of their crops is growing slower so we will have harvest the biggest heads of each crop this week.
5. All the veggies you receive in your box this week can be stored in the fridge.
6. Investigate, search out, and read about the veggies you are eating. Part of the CSA, or farm to table, concept is bringing the knowledge of fresh food to the forefront of and/or back into our cooking. If you have kids, involve them in the discussion! Go all out and have fun with it!
7. Books, blogs, search engines, websites, family members, and friends are all great resources for recipes and veggie help. We do have a Pinterest account that we will update periodically with new and interesting recipes too!

Bok Choy Salad with Sesame Dressing

Ingredients:

FOR THE SESAME DRESSING:

- ¼ cup light brown sugar
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons toasted sesame seeds (see notes)
- 1 tablespoon soy sauce

FOR THE BOK CHOY SALAD:

- 2 tablespoons olive oil
- 1 package ramen noodles, crumbled, seasoning packet discarded
- ¼ cup sliced almonds
- **1 bunch bok choy**, sliced
- 5 scallions, chopped

Prep:

1. To make the dressing, in a small bowl or in a jar with a tight-fitting lid, combine brown sugar, olive oil, vinegar, sesame seeds, and soy sauce. Allow flavors to blend at room temperature while preparing the rest of the salad.
2. Meanwhile, heat 2 tablespoons olive oil in a large sauce pan over medium heat until shimmering. Reduce heat to low. Add ramen noodles and almonds; sauté until toasted, about 10 minutes, stirring frequently to avoid scorching.
3. In a large bowl, combine baby bok choy, scallions, and crunchy mix. Drizzle salad dressing over the top and toss until uniformly combined. Serve at room temperature.

Recipe adapted from *culinaryhill.com*, originally seen on Pinterest

Kale and Salmon Caesar Salad

Ingredients:

- 8 oz. bowtie pasta
- Chopped kale
- 14 oz. can wild caught salmon
- ½ cup shredded parmesan cheese
- Caesar dressing to taste

PREP:

1. Cook the bowtie pasta according to the package directions, then drain in a colander.
2. Meanwhile, roughly chop the kale into small pieces and remove any large pieces of the stem. Place kale in a bowl. Add pasta to kale and stir. Heat from bowtie pasta will wilt kale a little.
3. Drain the salmon (remove any skin and bones that might be included), breaking the meat into bite-sized chunks as you go.
4. Add the salmon chunks and parmesan cheese to the kale and pasta. Drizzle with Caesar dressing, then toss to coat everything in the dressing.

Serves 4; Adapted from *budgetbytes.com*