



HoopHouse Harvest



Week 2: May 16th/18th

What's in your box??

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

- 🌱 Asparagus
- 🌱 Basil Plant
- 🌱 Bibb Lettuce
- 🌱 Choi, Black Summer
- 🌱 Scallions
- 🌱 Swiss Chard
- 🌱 Radishes OR Kale

Helpful Hints, Tips, and Ideas

1. What do all the ORs mean? Great question! The OR means you will most likely see either this item OR that item in your box. ORs come about because of the different growth rates of the individual plants. For example, we lost almost half of our radish crop about a week ago so we definitely want to give all that remains to you, the members. At the same time, the younger growth of one of our kale rows is finally mature this week so we want to make sure that gets in some boxes also, hence, the OR. With fresh produce, you cannot wait for the slower growing plants to catch up or there might be times we lose a partial crop so we combine different items if need be. This is normal and explains the ORs you could see week to week.
2. You will find either a red or green variety of bibb lettuce in your box this week. Bibb lettuce is usually a "softer" variety of lettuce in taste, texture and look.
3. You will see a darker variety of choi in your box this week called black summer.
4. This is the first harvest of scallions this week so they are a little smaller in the width department this week.
5. The swiss chard is the rainbow colored leaves in your box. The variety we grow is called Bright Lights which is a good fit for the wonderful colors they show off. This variety is also known as rainbow swiss chard.
6. See number 1 for more detail about Radishes or Kale. You will either see some round, red salad radishes in your box or several leaves of curly kale.

Simple Grilled Asparagus

Ingredients:

- 1 pound **asparagus**, trimmed and peeled (if desired)
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 lemon (optional)

Prep:

1. Toss asparagus with 2 tablespoons olive oil, salt, and pepper. Place over a grill preheated to high heat and cook, turning occasionally, until well-charred and tender, 5 to 8 minutes. If desired, cut lemon in half and place cut side down on grill until charred, about 3 minutes. Transfer asparagus to a large plate, drizzle with remaining olive oil, sprinkle with lemon (if desired), and serve immediately.

Recipe adapted from *seriouseats.com*, Serves: 4

Orange Braised Swiss Chard

Ingredients:

- 2 tablespoons olive oil
- ½ yellow onion, thinly sliced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- pinch of red pepper flakes
- 1 bunch **rainbow chard**, washed, dried and chopped
- juice from ½ an orange

PREP:

1. Heat a large sauté pan over medium heat. Add the olive oil, onion, salt, pepper and red pepper flakes. Slowly caramelize the onions, about 10-15 minutes stirring occasionally.
2. When the onions are golden brown and caramelized, add the rainbow chard. Toss with the onions. Cook until the chard just begins to soften, about 2-4 minutes. Add the juice from the orange. Toss, and cook another 2 minutes. Taste for salt and pepper. Serve warm.

Recipe adapted from *tasteslovely.com* (originally seen on Pinterest), Serves: 2