



# HoopHouse Harvest



**Week 1: May 1<sup>st</sup>/3<sup>rd</sup>**

## What's in your box??

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

-  Pac OR Bok Choy
-  Salad Radishes
-  Spinach
-  Greens Mix OR Arugula
-  Lettuce Mix or Lettuce Head
-  Mustard Greens
-  Russet Potatoes
-  Parsley Pot

## 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. 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. Some portion or plants of a crop will be farther behind than others. This is normal and explains the ORs you could see week to week.
5. All the veggies you receive in your box this week can be stored in the fridge except the potatoes and parsley pot.
6. Investigate, search out, and read about the veggies you are eating (use books, blogs, Pinterest, search engines). 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!

## Sautéed Choy

### Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 teaspoon ginger, freshly minced
- 1½ pounds **choy**, washed
- 1 tablespoon soy sauce
- Toasted sesame seeds, freshly ground pepper & salt, to serve

### Prep:

1. Heat the vegetable oil in a large skillet over medium heat.
2. Add in garlic and ginger and cook for 1 minute.
3. Meanwhile cut the choy. Add in the choy and soy sauce and cook stirring for 3 minutes, or until greens are wilted and stalks are crisp-tender.
4. Serve immediately when warm with toasted sesame seeds, black pepper, and salt.

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

## Fruit & Spinach Salad

### Ingredients:

- **Spinach Leaves**
- Strawberries
- Blueberries
- Other fruit like oranges, pineapple or whatever you like
- Walnuts
- Feta Cheese
- Dressing: we use a store bought raspberry vinaigrette for our salads

### Prep:

1. Mix all ingredients in a bowl and enjoy!

This recipe is very useful and very adaptable! You can use whatever fruit you like or whatever nut variety you like. We find walnuts taste really good with the feta cheese and fruit but go with what works for you! You can put as little or as much of the ingredients you want on the salad too!