



HoopHouse Harvest



Week 4: May 22nd/24th

What's in your box??

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

-  Lettuce Head
-  Potatoes
-  Asparagus
-  Green Kale
-  Red Radish OR White Salad Turnip
-  Mustard Greens
-  Scallions
-  Greens Variety

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 find one of several varieties of lettuce in your box again this week. Our lettuce crops came up in lots of different increments this season compared to others maybe....most likely the result of the late winter and cold temperatures.
5. You will find either the curly kale variety in your box or the dinosaur kale variety. Remember, the curly variety has lighter green leaves with frilly edges while the dinosaur variety has dark green (with almost a hint of green/blue) leaves with a bumpy texture.
6. You will find either a bunch of red radishes or a bunch of white salad turnips in your box.
7. We have lettuce mix, arugula, and greens mix all in various growth stages so you will find a bag of one of those greens in your box this week.

Kale & Apple Salad with Honey Dressing

Ingredients:

- 5 cups chopped **kale**
- 2 small diced apples
- 1/4 cup cranberries dried
- 1/4 cup chopped pecans
- 1/4 cup feta cheese

Dressing:

- 4 tbsp honey
- 4 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1/8 tsp salt
- 1/8 tsp pepper

Prep:

Place the kale in the bottom of a bowl followed by the rest of the ingredients.
Whisk together the dressing ingredients and pour them over the top of the salad.
Refrigerate after serving and enjoy!

Recipe adapted from [homemadefoodjunkie](http://homemadefoodjunkie.com), originally seen on Pinterest

Grilled Asparagus – Farm Favorite

Ingredients:

- 1 bunch of **asparagus**
- 2 TBL olive oil
- 1 Garlic clove
- Salt and pepper

Prep:

1. Season asparagus with salt and pepper, garlic and olive oil. Wrap entire bundle of asparagus in tin foil. Try keep it all on one layer.
2. Grill on medium-high heat for 10-15 minutes. Might take up to 30 minutes depending on grill and actual temperature. Check every 10 minutes until tender and soft but not overcooked.