



HoopHouse Harvest



Week 2: May 8th/10th

What's in your box??

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

-  Asparagus
-  Red Radishes
-  Greens Mix
-  Arugula
-  Mustard Greens
-  Kale
-  Storage Potatoes
-  Head Lettuce #1
-  Head Lettuce #2

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 alarmed if you see some white or lighter colored radishes in your radish bunch. Some easter egg radish variety seeds got planted/mixed with the red radish seed during planting so you might see some different colors mixed in.
5. You will find either curly or dinosaur kale in your box. Curly kale is green with very frilly leaves while dinosaur kale is dark green (almost a hint of blue) with rough, bumpy leaves that look like what we think dinosaur skin looked like ☺
6. You will find either red or white potatoes in your box this week. Remember, these are from our bountiful 2017 potato crop.
7. You will find two different varieties of head lettuce in your box this week. We currently have 5 different varieties with multiple heads ready for harvest so we will be doing some mixing and matching of butterhead or frilly leave lettuce in your share this week!

Roasted Radishes

Ingredients:

- 1 bunch **radishes**, cleaned, trimmed and cut in half lengthwise
- 1 1/2 tablespoons extra virgin olive oil
- 1/4 lemon, juiced
- salt and pepper to taste

Prep:

1. Preheat oven to 375°F.
2. Place all ingredients into a large mixing bowl and toss together. Season with salt and pepper.
3. Spread radishes onto a baking sheet and roast for 20 to 25 minutes or until radishes have crisped and browned around the edges and have become almost fork tender.
4. Lightly adjust seasonings and finish with lemon zest, if desired. Serve.

Recipe adapted from [spoonforkbacon](https://www.spoonforkbacon.com), originally seen on Pinterest

Crispy Roasted Kale

Ingredients:

- **1 Bunch Kale**
- Olive Oil
- Salt and ground pepper to taste

Prep:

1. Preheat oven to 400 degrees.
2. Place kale in a large bowl and drizzle with olive oil. Using your hands, rub the oil into the leaves so that all the pieces are evenly coated.
3. Sprinkle with salt and pepper, toss, and transfer to a baking sheet or roasting pan, spreading evenly into a single layer.
4. Roast until crispy, about 8-10 minutes. The leaves will begin to brown as they are roasting so watch them closely so they won't burn.
5. Serve after cooling and store in an airtight container.

Recipe from *Farm, Fresh and Fast*, Fairshare Coalition, pg. 181