

2018-2019 Harvest of the Month
Family Recipes

August- WATERMELON

Recipe: Watermelon and Cucumber Refresher

FAMILY

Yield: Ten, ½ cup servings

Ingredients:

3 cups watermelon, medium diced

1 ½ cups cucumber, peeled with stripes & medium diced

½ cup jicama, medium diced

¼ cup mint, minced

⅓ cup lime juice

¼ teaspoon salt

Directions: Medium dice the watermelon and jicama. Peel stripes on cucumber and medium dice. Mince the mint, juice the lime and add salt. Gently toss all ingredients together. Serve and enjoy!

Produce Order

1 Watermelon

1 Cucumber

1 Jicama

1 Bunch Mint

5 Limes

Café

None

Purchase

Salt

September—Tomatoes

Recipe: Protein Power Salad

FAMILY:

Yield: Ten, 1 cup servings

Salad Ingredients:

6 cups romaine lettuce, chopped
1 ½ cups red cherry tomatoes, halved
1 ½ cups yellow cherry tomatoes, halved
1 cup garbanzo beans, low-sodium
Tortilla chips (optional)

Dressing Ingredients:

3 tablespoons plain yogurt, low-fat
3 tablespoons lite mayonnaise
2 tablespoons lemon juice, freshly squeezed
½ teaspoon granulated garlic
½ teaspoon cumin
¼ teaspoon salt
¼ teaspoon pepper

Directions: Chop romaine lettuce and halve tomatoes. In a mixing bowl, add lettuce, tomatoes and garbanzo beans. Mix all dressing ingredients in a small bowl. Toss salad mixture with dressing. Optional: Serve with tortilla chips.

Produce Order

1 Head Romaine Lettuce
1 Basket Red Cherry Tomatoes
1 Basket Yellow Cherry Tomatoes
2 Lemons

Café

Garbanzo beans
Lite Mayo
Plain Yogurt, low-fat

Purchase

Granulated Garlic
Onion Powder
Cumin
Salt/Pepper

October-Peppers

Recipe: Ranch Hand Pepper Salad

FAMILY:

Yield: Ten, 1 cup servings

Ingredients:

6 cups romaine lettuce, shredded
1 ½ cups red bell peppers, julienned 1-inch long
1 ½ cups yellow bell peppers, julienned 1-inch long
1 cup carrots, shredded
1 cup shredded cheddar cheese
⅓ cup ranch dressing
1 cup croutons

Directions: Shred romaine lettuce and carrots. Julienne peppers into one inch long pieces. Place lettuce, peppers and carrots in the mixing bowl. Add cheese and dressing right before serving. Top with croutons. Serve and enjoy!

Produce Order

1 Head Romaine Lettuce
1 Red Pepper
1 Yellow Pepper
2 Carrots

Café

Cheddar Cheese
Ranch Dressing
Croutons

Purchase

None

November

Recipe: Perfect Persimmon Salad

FAMILY

Yield: Ten, 1/2 cup servings

Ingredients

4 cups Fuyu persimmons, seeds discarded & medium diced
1 cup Fuji or Granny Smith apple, cored & medium diced
3 tablespoons fresh mint leaves, minced
2 tablespoons fresh lime or lemon juice

Directions

Prepare ingredients as indicated above. Gently toss all ingredients together. Serve and enjoy!

Produce Order

8 Fuyu Persimmons
2 Fuji Apples
1 Mint
4 Limes

Café

None

Purchase

None

December—Carrots

Recipe: Zanahorias en Escabeche (Pickled Carrots)

FAMILY

Yield: Ten, 1/2 cup servings

Ingredients:

5 cups carrots, sliced into coins

¾ cup red onion, sliced

1 jalapeno, sliced

1 garlic clove, sliced

3 cups white distilled vinegar

1 ½ cups water

⅓ cup sugar

2 tablespoons salt

1 ½ teaspoon dried oregano

Directions: In a large mixing bowl, add vinegar, water, sugar and salt. Stir until sugar and salt dissolve. Slice carrots, red onions, jalapeno and garlic. Add this to the vinegar mixture with oregano. Place the entire mixture into a non-reactive container, such as glass or plastic, with a tight lid. Store overnight in the refrigerator. Serve and enjoy the next day!

Produce Order

5 Carrots

1 Red Onion

1 Jalapeno

1 Bulb Garlic

Café

None

Purchase

Vinegar

Sugar

Salt

Dried Oregano

January—Kale

Recipe: Chopped Kale Salad

FAMILY

Yield: Ten, 1 cup servings

Salad Ingredients:

6 cups kale, destemmed & thinly sliced
2 cups purple cabbage, shredded
1 cup shelled edamame
1 cup carrot, shredded
½ cup cilantro leaves, chopped
¼ cup green onions, sliced
½ cup homemade dressing or other Asian-style dressing
¼ cup sunflower seeds

Homemade Dressing Ingredients:

2 teaspoons garlic, minced
3 tablespoons soy sauce
¼ cup white vinegar
2 tablespoons honey
1 tablespoon fresh ginger, grated
¼ cup lime juice
⅓ cup olive oil
1 tablespoon sesame oil, toasted

Produce Order

2 Bunches Kale
1 Carrots
1 Head Purple Cabbage
1 Bunch Cilantro
1 Bunch Green Onions
1 Bulb Garlic
1 Bulb of Ginger
4 Limes

Café

Frozen Edamame
Sunflower seeds

Purchase

White Vinegar
Oil
Sesame Oil
Soy Sauce
Honey

Directions: Boil shelled edamame accordingly. Shred purple cabbage and soak in cool water for five minutes. Drain well. Prepare other salad ingredients as indicated above. Place all salad ingredients in a medium bowl. In a small bowl, mix together garlic, soy sauce, white vinegar, honey, ginger and lime juice. In a slow steady stream, whisk in the olive and sesame oils into the dressing to emulsify. Massage salad dressing into salad mixture. Top with sunflower seeds. Serve and enjoy!

February—Oranges

Recipe—Lucky Cabbage Salad with Oranges

FAMILY

Yield—Ten, 1 cup servings

Salad Ingredients:

3 cups orange, peeled, segmented and halved
3 cups green cabbage, thinly sliced
2 cups kale, de-stemmed and thinly sliced
2 cups napa cabbage, chopped
¼ cup cilantro leaves, chopped
½ cup homemade dressing or another Asian-style dressing

Homemade Dressing Ingredients:

½ cup seasoned rice vinegar
1 tablespoon toasted sesame oil
1 teaspoon grated fresh ginger
1 teaspoon honey or brown sugar
1 teaspoon soy sauce

Directions:

Whisk together the vinegar, ginger, honey and soy sauce. Vigorously whisk the sesame oil into the mixture to emulsify. Prepare the oranges, cabbage, kale and cilantro leaves as indicated. Toss the dressing into the salad mixture. Serve and enjoy!

Produce Order

1 Head Green Cabbage
5 Oranges
1 Bunch Kale
1 Head Nappa Cabbage
1 Bunch cilantro

Café

Asian Dressing

Purchase

None

March – Broccoli

Recipe: Southwestern Broccoli Salad

FAMILY

Yield: Ten, ½ cup servings

Salad Ingredients:

3 cups broccoli, ½ inch florets
1 cup corn, low-sodium
½ cup black beans, low-sodium
½ cup carrot, shredded

Dressing Ingredients:

¼ cup light mayonnaise
¼ cup plain yogurt, low-fat
¼ cup lemon juice, fresh
½ teaspoon granulated garlic
½ teaspoon chili powder
½ teaspoon onion powder
¼ teaspoon salt
¼ teaspoon pepper

Directions: Cut the broccoli into ½ inch florets, shred the carrots and add to a medium bowl. Drain and rinse the corn and black beans. Add to the broccoli mixture. In a separate small bowl, mix together the dressing ingredients. Toss the dressing into the salad mixture. Chill until service. Enjoy!

Produce Order

1 Bunch Broccoli
2 Carrots
3 Lemons

Café

Corn
Black Beans
Lite Mayo
Plain Yogurt, low-fat

Purchase

Granulated Garlic
Chili Powder
Onion Powder
Salt/Pepper

April—Mandarins

Recipe – Mandarin Spinach Salad

FAMILY

Yield: Ten, 1 cup servings

Ingredients:

6 cups spinach, chopped
2 cups strawberries, sliced
2 cups mandarins, peeled and segmented
3 tablespoons sunflower seeds
¼ cup balsamic vinaigrette dressing

Directions:

Chop the spinach and slice strawberries. Peel and segment mandarins. Gently toss spinach, strawberries, mandarins and sunflower seeds with balsamic vinaigrette dressing. Serve and enjoy!

Produce Order

1 Bunch of Spinach
1 Basket Strawberries
4 Mandarins
¼ Cup Sunflower Seeds

Café

Balsamic vinaigrette dressing

Purchase

None

May – Peas

Recipe – Sugar Snappy Spring Salad

FAMILY

Yield: Ten, ½ cup servings

Salad Ingredients:

1 pound of sugar snap peas, cut on bias (about 4 cups)
1 cup radish, thinly sliced

Dressing Ingredients:

¼ cup lemon juice, fresh
1 tablespoon white vinegar
2 tablespoons mint, minced
2 tablespoons olive oil
1 teaspoon lemon zest
Pinch of salt and pepper

Directions

Cut sugar snap peas on the bias, thinly slice radish and place in a medium bowl. Zest and juice the lemon. Mince the mint. Add to a small bowl with vinegar, salt and pepper. Whisk the olive oil into the dressing mixture. Toss dressing with the peas and radish. Serve and enjoy!

Produce Order

1 Pound Sugar Snap Peas
½ Pound Radish
2 Lemons
1 Bunch mint

Café

None

Purchase

Vinegar
Salt/Pepper
Olive Oil

June – Avocados

Recipe: Awesome Avocado Salad

FAMILY

Yield: Ten, 1 cup servings

Salad Ingredients:

6 cups romaine lettuce, chopped
2 cups avocado, medium diced
2 cups strawberries, sliced
¼ cup sunflower seeds

Dressing Ingredients:

¼ cup orange juice
1 teaspoon orange zest
1 tablespoon balsamic vinegar
½ teaspoon garlic, minced
¼ teaspoon salt
¼ teaspoon pepper
¼ cup olive oil

Directions: Chop lettuce, medium dice avocado and slice strawberries. Place in a medium bowl. In a small bowl, add orange juice, balsamic vinegar, salt and pepper. Mince the garlic, zest the orange and add to dressing bowl. In a slow steady stream, whisk in olive oil to emulsify. Toss the salad with the dressing. Top with sunflower seeds. Serve and enjoy!

Produce Order

1 Head Romaine Lettuce
1 Basket Strawberries
3 Avocados
1 bulb Garlic
2 oranges
Sunflower seeds

Café

Purchase

Balsamic Vinegar
Olive Oil
Salt/Pepper