

Week 8



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

Simple Salads, Sautés & Scallion Pancakes

Carrots

Celery

Mesculin Mix

Tuscan Kale

Parsley

Dandelion

Scallions

Dandelion Mesculin Salad

This is the most simple way to use dandelion greens. Simply add them to a tossed mesculin salad.

Sautéed Dandelion Greens

Cooking dandelions eliminates some of the bitterness. First boil the greens for about 5 minutes, then transfer to a pan with hot olive oil and garlic, and sauté for 3-5 minutes. Eat as is or add to other dishes like pasta or scrambled eggs.

Garlicky Tuscan Kale

Ingredients

- 1 bunch of Tuscan kale
- 1 tablespoon extra virgin olive oil
- 1 teaspoon coconut oil (optional)
- 2 tablespoons chopped garlic
- Dash of hot sauce
- Kosher salt to taste
- Freshly ground black pepper to taste

Directions

- Discard center rib of kale. Cut leaves into large pieces.
- Sauté pan over medium heat & add oils.
- Add garlic and cook for 1 minute, stirring often.
- Cook kale for a few minutes.
- Flavor with a few drops of hot sauce, salt & pepper to taste.

3-Ingredient Vegan Scallion Pancakes

See recipe @ www.4egreen.com/blog.

For more recipes visit
4egreenfarm.com/blog

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Inspiration*

"Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, & happiness." Thomas Jefferson



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Next Week's Soup: **White Bean Chard**

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