

Week 17

total of 20 weeks



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

WHITE BEANS WITH BROCCOLI RABE & LEMON

Ingredients

- 3 tablespoons olive oil
- 1 small lemon, very thinly sliced, seeds removed
- 2 anchovy fillets packed in oil (plant-based anchovy options include: soya sauce, kalamata olives, seaweed, and miso)
- 4 garlic cloves, thinly sliced
- ½ bunch broccoli rabe, chopped
- Kosher salt and freshly ground black pepper
- 2 15-oz. cans cannellini (white kidney) beans, rinsed (you can also make the beans from raw cannellini beans)
- ¼ cup fresh flat-leaf parsley leaves
- 2 tablespoons finely grated Parmesan, plus more for serving
- Crushed red pepper flakes (optional)

Directions

1. Heat oil in heavy pot over medium heat. Add lemon, anchovies, and garlic. Cook, stirring occasionally until lemon is softened and brown in spots and anchovies fall apart about 5 minutes. Add broccoli rabe; season with salt and pepper & cook, tossing occasionally, until bright green and crisp-tender, about 5 minutes.

2. Add beans & ½ cup water to pot. Bring to a boil; reduce heat and simmer, stirring occasionally, until flavors have melded and liquid is reduced by half (you still want it to be saucy), about 5 minutes. Mix in parsley and 2 tablespoons Parmesan.

3. Transfer to a platter, sprinkle with red pepper flakes, if desired, and top with more Parmesan.

MANY MORE RECIPES FROM OUR BLOG

BAKED PASTA WITH SAUSAGE & BROCCOLI RABE

CREAMY BRUSSEL SPROUTS WITH SUN-DRIED TOMATOES

ASIAN BOK CHOY SALAD

VEGAN SCALLION PANCAKES

Red Onion
Baby Napa Cabbage
Scallions
Broccoli Rabe
Brussel Sprouts
Baby Spinach
Mesclun Salad Mix

For more recipes visit
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*Farming
Inspiration*

"We might think that we are nurturing our garden, but of course it's our garden that is really nurturing us."

Jenny Uglow



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Next Week's Soup:

KALE LENTIL

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