

Week 18

total of 20 weeks



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

ARUGULA & FIG SALAD WITH WALNUTS AND GOAT CHEESE

Arugula
Mesclun Salad Mix
Yellow Onion
Curly Kale
Yu Choy
Black Spinach

Ingredients

- 1/2 cup walnut halves
- 1/8 teaspoon cayenne pepper
- 3 tablespoons olive oil, divided
- 3/4 teaspoon plus 1/8 tsp. kosher salt, divided
- 2 teaspoons balsamic vinegar
- 1 teaspoon honey
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 5 ounces fresh arugula
- 1/2 cup dried figs, quartered
- 1 medium carrot, shaved
- 3 ounces goat cheese, crumbled (about 3/4 cup)

Directions

1-Preheat oven to 375°F. Toss together walnuts, cayenne, 1 tablespoon oil, and 1/8 teaspoon salt on a small baking sheet. Bake until golden, about 10 minutes. Remove from oven, and set aside.

2-Whisk together balsamic vinegar, honey, the remaining 2 tablespoons oil, and the remaining 3/4 teaspoon salt in a small bowl.

3-Toss together chickpeas, arugula, figs, and carrot in a large bowl. Top with goat cheese and toasted walnuts. To serve, place 2 cups salad in each of 4 bowls; drizzle evenly with dressing.

MANY MORE RECIPES FROM OUR BLOG

ARUGULA MINT PESTO

SAUTÉED SPINACH

YU CHOY STIR FRY

For more recipes visit
4egreenfarm.com/blog

*Farming
Inspiration*

*"Gardening is the art that uses
flowers and plants as paint, and
the soil and sky as canvas."*

Elizabeth Murray



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Next Week's Soup:

POTATO LEEK

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