



Summer Share Pick-Up Week 1

Harvest Oil & Vinegar June Specials, 15% off:

Garlic Olive Oil, Honey Ginger Balsamic

Prepara Herb Savors

Blueberry Walnut Salad

Ingredients

Fresh Salad Greens

Fresh organic blueberries

Harvest Blueberry Balsamic Vinegar

Harvest Roasted Walnut Oil

Optional: radishes for a peppery finish.

Optional: goat cheese

Instructions

Mix together the blueberries, greens and walnuts and dress the salad with equal parts vinegar/oil.

Cabbage and greens stir fry with radishes and noodles

Ingredients

Dressing

4 T water or fish stock

2 T Tapioca starch

1/4 c honey

1/4 c Harvest Honey Ginger Balsamic Vinegar

(or rice vinegar plus 1T honey)

2 tsp fresh ginger

3 cloves pressed garlic

1/3 c soy sauce

1 T sesame oil

2 tsp red pepper flakes or Sriracha sauce

1 head cabbage finely chopped

2 cups baby kale or greens

1 bunch (about 8) radishes sliced

Optional: chopped broccoli, snap peas, peppers

Optional: tofu, sardines, chicken, beef

Harvest Garlic Olive oil for cooking

Optional: Udon noodles, rice, rice noodles

Optional: sesame seeds

Instructions

Mix together the sauce and heat on the stove until it thickens and just comes to a simmer. (Harvest Olive Oil has a smoke point around 410 degrees). Remove from heat. In a wok or large stainless steel pan, heat garlic olive oil over medium heat. Add your protein first and cook until just done.

Remove. Add more oil and cook cabbage until tender and reduces in size. Add kale and other greens. If you are going to add broccoli, I recommend blanching it first to save on cooking time or simply add it with the cabbage. Add back in the protein and sauce. Coat everything evenly in the sauce and adjust spice and saltiness to your liking. Serve over noodles, rice or simply as is. Top with sesame seeds and sliced radishes.