



Summer Share Pick-Up Week 2

Harvest Oil & Vinegar June Specials, 15% off:

Garlic Olive Oil, Honey Ginger Balsamic

Prepara Herb Savors

Kohlrabi Fritters

Ingredients

Kohlrabi, peeled and sliced into 1/4in thick slices or into 'sticks' if you want to make breaded fries
Harvest Garlic Olive Oil

Almond flour or Spelt flour for breading (You can also use whole wheat flour or unbleached white flour or freshly made bread crumbs)

1 or 2 eggs beaten (vegan option: nondairy milk)

Spices and Herbs, suggestion: cumin, smoked paprika, cayenne, chili powder, unrefined sea salt, garlic.

Instructions

Season your flour with herbs and spices of choice. Bread the kohlrabi by dipping the slices in the egg or milk and then into the flour mixture. Heat the oil in a pan -- add enough to cover half of the slice, and cook until browned on both sides, this will only take a few minutes. TIP: Do just one slice to start and taste it and adjust seasoning of flour mixture if needed. You can bake the breaded slices as well, simply drizzle olive oil over the slices and bake at 375 or 400 until browned.

Tuscan Swiss Chard and Clam Linguini

Ingredients

1 onion diced

5 cloves garlic pressed

1 bunch Swiss chard finely chopped

1 can diced tomatoes

1 can smoked clams (can do sardines or smoked oysters in addition or replacement of)

1 T thyme

1 T basil

2 tsp red pepper flakes

2 cups cooked chicken chopped (optional)

Fresh mozzarella diced, I used about 1 log which would be about the same as 1 ball of cheese

Harvest Tuscan Herb Olive Oil

Harvest Neapolitan Herb Balsamic Vinegar

Harvest Garlic Olive Oil

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Instructions

In a large cast iron or stainless steel pan, heat a few tablespoons of the garlic olive oil and add onion. Sauté until tender and add garlic. Cook for about a minute and then add Swiss chard. I use the stalks of the chard as well as the leaves. The chopped stalks add a nice texture and are a good source of fiber. Add in the can of tomatoes (feel free to use a few fresh tomatoes too instead of canned tomatoes, just choose juicy tomatoes). Add in herbs and smoked clams and chickens and salt to taste. Drizzle about 1/4c Tuscan Herb Olive Oil and 1/4 c Neapolitan Herb Balsamic and let simmer while you cook the linguine. Combine the noodles and chard mixture in a large bowl and stir in the fresh mozzarella while hot so that it slightly melts but retains its shapes.

Kohlrabi and Kale Cranberry Salad

Ingredients

1 bunch Kale or Swiss Chard, finely chopped
2 small kohlrabi, peeled and diced
1 apple diced
1/2 cup slivered or sliced almonds
1/2 cup cranberries
1/3 cup crumbled feta (or cheese of choice)
1/3 cup Harvest Cranberry Pear Balsamic
1/3 cup Harvest unflavored Ultra Premium Olive Oil
sea salt to taste

Instructions

Mix together ingredients in a bowl and adjust vinegar and oil to taste.