



### **Summer Share Pick-Up Week 7**

Harvest Oil & Vinegar July Specials, 15% off:

Lemon Olive Oil, Sicilian Lemon Balsamic  
Paderno Spiralizers

#### **Apricot Turnip Coconut Curry with Chicken**

- 5 turnips diced ( if you have less or more, that is totally fine)
- 6 beets, halved if small, quartered if larger
- 3 T curry powder
- 2 T ginger powder
- 1 T garlic powder
- sea salt to taste
- 1 c dried apricots
- 2-4 cans whole fat coconut milk (the amount depends on how long you simmer the curry mixture for)
- 2 cans garbanzo beans
- 2 c cooked chicken, cut into bite size pieces
- 1 onion, diced
- Harvest Garlic Olive Oil
- 1 c baby carrots or chopped carrots
- 1 medium zucchini, diced

Roast turnips and beets and carrots drizzled with garlic olive oil at 400 degrees until tender. In a large pan, heat garlic olive oil and cook onions until tender. Add in turnips and beets and coconut milk. Add spices and continue to cook on medium heat. Add in apricots, zucchini, beans and chicken and cook covered until apricots soften. You can continue to cook for multiple hours but may need to add more coconut milk. Adjust spices and salt to your taste. Serve over rice.

**RECIPES CONTINUED ON BACK SIDE**

### **Pattypan Squash Crusted Beef Frittata**

2 patty pan squashes, sliced thinly  
1 bunch kale, chopped  
1 bunch swiss chard, chopped  
4 cloves garlic, minced  
1 onion diced  
1 lb ground beef  
1 1/2 T smoked paprika  
2 tsp garlic powder  
1 T rosemary  
1 T red pepper  
1 tsp cumin  
Harvest Smoked Chaabani Olive Oil  
shredded Irish Cheddar Cheese  
sea salt to taste  
2 c whole milk  
4 eggs

Preheat oven to 400. Grease a large cast iron skillet or round baking dish with the olive oil and lay slices of squash to create a crust in the pan. Drizzle with olive oil and sea salt. Set aside

In a separate skillet brown beef with seasoning. Drain and set aside. Heat a tablespoon of olive oil and cook down vegetables. Drain any excess liquid.

In a medium bowl mix together 2 c whole milk and 4 eggs with about 1 tsp salt. layer meat on top of the squash and then the vegetable mix. Pour over milk and egg mixture and cover with shredded cheese. Bake until egg mixture hardens and cheese is golden brown. Approx. 30-45 minutes. Let sit for liquid to reabsorb before serving.

### **Cucumber Basil Raspberry Salad**

1 cucumber, thinly sliced  
1 onion, thinly sliced  
1/2 c basil, rolled and sliced  
2-3 T Harvest Raspberry Balsamic Vinegar  
2-3 T Harvest Basil Olive Oil  
Handful of fresh raspberries  
sea salt to taste

In one bowl combine all of the ingredients except the raspberries. Top you salad with the raspberries to avoid smashing them. Adjust amount of dressing to your liking, but keep the ratios the same. This makes a perfect amount for 2 salad loving adults or 3 small-medium helpings.