



Summer Share Pick-Up Week 8

Harvest Oil & Vinegar July Specials, 15% off:

Lemon Olive Oil, Sicilian Lemon Balsamic

Paderno Spiralizers

Thai Peanut Veggies and Noodles

Peanut Sauce

1/2 c honey

2/3 c peanut butter

6 T Soy sauce

5 T Harvest Honey Ginger Balsamic or Rice Vinegar plus 1T honey, 1tsp fresh ginger

6 T Harvest Toasted Sesame Oil

4 cloves minced/pressed garlic

2 T fresh ginger, grated

2-3 tsp red pepper flakes

2 tsp tapioca starch or corn starch

Veggies (feel free to add or omit vegetables, add tofu or meat, the amount of sauce works well for this amount)

1 yellow summer squash

1 zucchini

6 mushrooms

2 peppers of choice, I used banana peppers from the garden, bell peppers work great too

2 c green beans, I cut mine in thirds

1-2 turnips, diced

Unflavored Olive Oil

Noodles, I use either Udon noodles or large rice noodles

Boil water for noodles. While water is boiling, make sauce and cook veggies. In a large pan, heat a few tablespoons of olive oil and add all of the vegetables cooking until tender and slightly browned. Add noodles to the water and cook for instructed time. Stir in half of the sauce and keep cooking on medium heat while the sauce cooks into the vegetables. Mix noodles with veggies or serve veggies on top of noodles and pour the extra sauce over noodles.

Peanut Sauce

Mix together all ingredients except starch, in a small sauce pan and warm until just simmering. Stir in tapioca or corn starch and set aside.

Thai Cabbage Wraps

2 c cabbage (about 1/2 medium cabbage, any type)
1 lb ground pork
3 T grated fresh ginger
2 cloves garlic
1 lime, zested and juiced
2 T Harvest Honey Ginger Balsamic or rice vinegar
1.5 T Harvest Persian Lime Olive Oil
1/2 c fresh basil
2 T Harvest Toasted Sesame Oil
Sea Salt to taste

Carrot and Cabbage Salad

1/2 medium cabbage, shredded
2 c carrots, shredded

Sauce

1/4 c Harvest Honey Ginger Balsamic
2 T Harvest Persian Lime Olive Oil
2 T Soy Sauce
2 T Harvest Toasted Sesame Oil
2 tsp red pepper flakes
1 tsp tapioca or corn starch

Cabbage leaves to use to wrap, I used about 10. It's up to you how much filling you want in each wrap

In a food processor, shred cabbage. Remove cabbage. Add pork and all other ingredients and process until well combined. Add in cabbage and pulse a few times. Heat olive oil in a pan and cook a small amount of the mixture to check your salt and flavor level and adjust accordingly. Cook remaining amount of mixture until pork is cooked through. Set aside.

In a small sauce pan, mix together the ingredients of the sauce except for the starch. Do not heat yet.

In a medium bowl combine grated carrots and cabbage and pour some of the sauce over the veggies and mix well. Salt if necessary. Set aside.

Warm the remaining sauce up and add in starch. This will be your dipping sauce. If you want more sauce, simply make another batch and add in another tsp of starch. Add more starch for a thicker sauce.

Lay cabbage leaves out on a platter and fill each one with the pork mixture and carrot/cabbage salad. Pour thickened sauce into a small bowl and enjoy!

The pork mixture also tastes fantastic with scrambled eggs if you want to make breakfast wraps.

Apricot Apple Ginger Slaw

1 medium head of cabbage, shredded

2 apples, diced

1/3-1/2 c chopped dried apricots

2 T minced fresh ginger

2 finely chopped peppers of your choosing, spiciness is up to you

2 T Harvest Blenheim Apricot Balsamic

2 T Harvest Honey Ginger Balsamic

1/4 c Harvest Gravenstein Apple Balsamic

2 T Unflavored Ultra Premium Olive Oil

sea salt to taste

Combine all ingredients in a bowl, ideally a few hours before serving but can be eaten immediately as well. Feel free to add in carrots, combine different types of cabbages, etc.