



Riverland Family Farms

2022 CSA, Week 2



WHATS IN THE BOX?

- Italian Basil *bunch*
- Curly Green Kale *bunch*
- Red Gold Potatoes *1.5lbs*
- Sweet Slicing Cucumber *each*
- Scallions *bunch*
- Spinach *½ lb bag*
- Zucchini *3 or 4*
- Snap Peas *pint*
- Strawberry *pint*



Welcome to week2! Hopefully you all enjoyed your first harvest box. This week, we are including cucumber, zucchini, snap peas along with other veggies and herbs. Curly Kale is in as well. It has a bitter, peppery flavor when eaten raw, and it holds up well when sautéing. I am including a salad recipe that uses Kale, and curly kale may be the perfect match for this recipe. This recipe is from Nik Sharma's book 'The Flavor Equation'. I hope you enjoy its peppery, chili, tahini flavor.

Until next week, Stay Safe Stay Healthy
Ruby

Warm Kale, White Bean + Mushroom Salad with Chili Tahini

For salad

- ◊ 1 tbsp extra-virgin olive oil
- ◊ 1 shallot, thinly sliced
- ◊ 6 oz fresh cremini or shitake mushrooms, sliced
- ◊ 1 small bunch kale, midrib stripped, coarsely sliced
- ◊ Fine sea salt
- ◊ One 15 ½ oz can white beans, such as cannellini, rinsed and drained

For chili tahini

- ◊ ¼ cup tahini
- ◊ 3 tbsp Chiu Chow style chili oil (you can buy this oil at Asian or other international grocery stores; there are a few recipes online as well to make it at home)
- ◊ ¼ cup rice wine vinegar
- ◊ Fine sea salt
- ◊ 1 or 2 tbsp boiling water

- To prepare the salad, heat the oil in a large saucepan over medium-high heat. When the oil is hot, add the shallot and sauté until it starts to turn golden brown, 4 to 5 minutes. Add the mushrooms and sauté until they start to sear a little, 3 to 4 minutes. Fold in the kale, season with salt, and cook until the leaves turn bright green, 3 to 4 minutes. Remove from the heat. Fold in the beans. Taste and season with salt. Transfer to a large mixing bowl.
- To prepare the chili tahini, whisk the tahini, chili oil, and vinegar together in a small bowl. Taste and season with salt. If the mixture is too thick, stir in 1 or 2 tbsp of the boiling water.
- Pour the tahini dressing over the kale in the mixing bowl and toss to coat evenly.
- Serve warm



Source: *The Flavor Equation*, Nik Sharma