

VITALITY SUPPORTED AGRICULTURE

Nurturing a Sense of Calm and Inner Peace During Life's Day-to-Day Chaos

TABLE OF BOX CONTENTS

- **Fresh Green Garlic!**— Well this is certainly the most exciting spring treat making its seasonal debut! Pulling these potent baby garlics out of the soil was a treat in itself.
- **5 Navel Oranges***— We are so excited to get some fresh fruit in the box this week!
- **½ lb. Salad Mix**— Our salad mix is delicately hand-picked every morning and contains a dynamic mixture of lettuces, mustards, Asian greens, kales, and chicories.
- **1 bu. White Salad Turnips**— These roots are a sweet, supple raw snack and are also excellent sautéed with the stems & greens with tamari. I like to lightly cook the entire bunch and serve with white rice and a soft-boiled egg.
- **1 bu. Mint**—First fresh mint of the season! Perfect for tea, mojitos, or minced into a salad.
- **1 bu. Red Mizuna Mustard**—This is a mild to peppery mustard, a spicy addition to any salad that adds a splash of color as well.
- **1 Yellow Onion***
- **Mini Head Lettuce**
- **1 bu. Spring Onions**
- **1 head Frisée Endive**—This sweet-and-bitter lettuce cousin is incredible as a grilled salad. The trick to enjoying bitter greens is to pair them with lots of good fats!
- **Carrots***
- **2 lb. Huckleberry Gold Potatoes***

**In order to make each box complete, GTF will supplement with produce from OGC (Organically Grown Company) when needed.*



Meet Merced, one of the many incredible women who grows and picks the food in your box. For me, this photo says it all. This is life in the fields right now—six feet apart, masks on, and yet still full of vibrance.

We waded through the sea of yellow, together but apart, plucking young kale leaves off the bases of the plants, shaking yellow flower petals off before tossing them into the tote, the wind whispering through the trees above. As we walked to the truck post-harvest, her kids called, quarantined at home, laughing and yelling and asking what to do next with the pot simmering on the stove. My heart goes out to all my fellow farmers who are also women and mothers, balancing care for their families as they grow food for yours. A standing ovation for you all.

As always, we hope that you're finding vibrance in these boxes of food, that for a moment you can feel like you have everything you need in this world and take the time to cook and enjoy a nice nourishing meal.

—All my best, your vegucator, LB

We've got incredible new Add-Ons coming up in Week 7! Even when VSA boxes are sold out, you can always place orders of our Add-On Products when buying \$40 or more. Check out our new online shop [here!](#)

- **Spice Packets: Mexi Spice & Tofu Spice**—*Nearly Normals*
- **Cookies: Oatmeal Coconut, Chocolate Chip**—*GTF House Made*
- **Veggie Lasagne with Spinach**—*GTF House Made*
- **Triple Combo Mushroom Bag: Oyster, Shitake, Maitake**—*Rainforest Mushroom*

VEGUCATION STATION

Frisée Salad with Warm Bacon Vinaigrette

—Adapted from <https://www.bonappetit.com/recipe/frisee-salad-with-warm-bacon-vinaigrette>



Ingredients

- ¼ baguette, torn into croutons
- 6 slices thick-cut bacon, roughly chopped
- 1-2 stalks **green garlic**, finely sliced
- ½ - 1 head **Frisée endive**, chopped
- 3 Tbsp olive oil
- Salt & pepper taste
- ¼ cup red wine vinegar
- ¼ - 1/3 **yellow onion**, thinly chopped
- 1 Tbsp honey
- 2 large eggs

Directions

1. Heat up olive oil in a skillet over medium, add torn bread and toss to coat. Stir until golden brown & crisp, 4-5 minutes. Season with salt & pepper and transfer to plate to cool.
 2. Return skillet to medium heat and toss in chopped bacon, stirring frequently until just shy of crisp, 4-5 minutes. Add onions and pepper and continue to cook 2 minutes. Stir in ¼ cup red wine vinegar, scraping bottom of skillet to collect all the yummy bits. Add 1 Tbsp of honey, taste, add more vinegar if needed.
 3. Toss everything together in a big bowl with the Frisée and sliced green garlic, and top with a poached or soft-boiled egg. Yum!
- 1 (see link for tutorial on easy egg poaching)

Spring Salad Seduction with Green Garlic

Many of us grow up thinking that salads are one thing: iceberg lettuce, cherry tomatoes, and croutons. But salads can be so much more! They can be entire filling delicious meals when you figure out what you like.

Salads change depending on the season and what you have on hand, but this recipe can serve as your salad structure all year long. Enjoy! —LB

Ingredients

- Greens (1/2 lb. **salad mix** or **lettuce** + **mizuna**)
- ½ bu. Fresh Herbs (1/3 bu **mint**, minced)
- Raw Allium (**green garlic** & **spring onions**)
- Fruit (sliced **oranges**, or apples, raisins, whatever)
- Raw Vegetables, sliced finely (**carrot**, **turnip**)
- Roasted Vegetables, in chunks, or croutons
- Fat & Protein (cheese, nuts, seeds)
- Dressing (acid, oil, salt & pepper, or pre-made)

Roasted Potatoes with Spicy Red Mizuna Mustard Pesto

—Adapted from <https://www.fivesensespalate.com/mizuna-pesto-recipe/>

Ingredients—Pesto (blend well in food processor)

- 2 Cups **Mizuna** leaves
- 2-3 Large garlic cloves
- 1/4 Cup sunflower seeds or walnuts
- 1/2 Cup parmesan cheese, shredded
- 1/2 Cup extra virgin olive oil
- Salt & Pepper to taste

Directions—Roasted Potato Wedges

Preheat oven to 400. Cut potatoes lengthwise & then into wedges. Toss in oil with salt & pepper to coat. Bake in a single layer on a tray for 35 minutes, flipping halfway through. Potatoes are done when golden crisp & soft when poked with fork.