

MASSAGED KALE SALAD

OXBOW FARM

Locally-grown kale, cabbage, and carrots are available for most of the year and you can use different dressings and toppings to easily turn this into tons of different salads (Caesar, fruity balsamic, Greek-style, etc.).

- 2 bunches of kale
- 1/2 cup, purple cabbage
- 1 large carrot
- 1 T olive oil
- 2 T apple cider vinegar



- De-stem two bunches of kale into a big bowl.
- Add olive oil and apple cider vinegar.
- Use hands to “massage” the vinegar and oil into the kale.
- Finely chop purple cabbage.
- Peel and shred a large carrot.
- Mix in cabbage and carrot with salt and pepper to taste.

HANNAH'S TIP: you should be able to feel the kale getting softer as you work it.



CARROTS GLAZED W/ SRIRACHA & HONEY

OXBOW FARM

This is a beautiful way to cook baby carrots, stunning to look at and addictively tasty. If you don't want the heat, they are (almost) as good w/ just the butter and honey, and a sprinkling of fresh herbs like thyme or parsley.

- 1 bunch, baby carrots or lb adult carrots, sliced ¼” thick
- 2 T butter
- 1 T honey
- 1 tsp Sriracha hot sauce, more or less to your liking
- Pinch of kosher salt, to taste
- 1/4 C water

Scrub the carrots and trim the greens, leaving about 1” because it looks good. There is no need to peel carrots unless they have been in storage for a long time and their skins are dried out.

Put carrots, butter, honey, Sriracha, salt & water into a medium saucepan. Heat over high heat until it boils. Reduce the heat to medium-low, cover pan and cook for 5 minutes. Uncover the pan and give the carrots a toss. Increase the heat a bit to boil off the liquid.

Cook, stirring occasionally until the water is evaporated and the carrots are glazed w/ butter & honey. Taste to make sure carrots are done to your liking, if not cook a bit longer stirring to prevent burning. Adjust seasoning if needed and serve (note: if too spicy add more honey).

SHAVED SUMMER SQUASH SALAD



THE COMMON ACRE

This is a delicious and simple way to utilize all of that zucchini you will have after being inspired to grow a big garden this season.

- 3 tablespoons whole almonds
- 1 pound summer squash (a mix of green and yellow)
- 2 1/2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 minced garlic clove
- Kosher salt and freshly ground black pepper
- Baby arugula

Step 1

Roast almonds and coarsely crush. Meanwhile, trim the ends off summer squash. Using a vegetable peeler, thinly slice the squash lengthwise into strips and transfer to a large bowl.

Step 2

In a small bowl, whisk together extra-virgin olive oil, fresh lemon juice, minced garlic clove, and kosher salt to taste. Pour dressing over squash. Let stand for a few minutes, then add a few handfuls of baby arugula. Shave a little Pecorino over the squash and toss. Season with kosher salt and freshly ground black pepper. Garnish with the crushed almonds.