

LocalMotive 100km Food Co-op

PRESENTS

THE HEALTHY HARVEST BOX

June 2nd & 3rd

Endive, Pear, and Roquefort Salad

\$20 Harvest Box

- 8 ct Apples Golden (Oliver)
- 2 lbs Yellow Onions (WA)
- 1 ct Cauliflower (CA)
- 1 lb Belgian Endive (BC)
- 1 bag Lettuce (Summerland)
- 2 ct Eggplant (BC)
- 1 ct Cucumber (Osoyoos)
- 1 bunch Asparagus (Washington)
- 2 lbs Nugget Potatoes (BC)
- 1 bunch Org. Spinach (Cawston)
- 1 ct Celery (BC)
- 1 lbs Kohlrabi (BC)

Ingredients

- 4 to 6 heads of Belgian endive
- 1 1/2 tablespoon white wine vinegar
- 3/4 teaspoon Dijon mustard
- 1 egg yolk, at room temperature
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6 tablespoons good olive oil
- 2 ripe Bartlett pears, halved, cored, and sliced
- 1/4 pound good Roquefort cheese or other
- 1/2 cup toasted walnut halves

Directions

Trim off the core end of each head of endive and slice it in half lengthwise. Cut out the cores, separate the leaves, and place 1 1/2 to 2 heads of endive on each plate. In a medium bowl, whisk together the vinegar, mustard, egg yolk, salt, and pepper. Slowly whisk in the olive oil to make an emulsion. Toss the pears with some vinaigrette and place on the endive. Drizzle the remaining vinaigrette over the endive leaves to moisten them. Crumble the Roquefort onto the endive. Sprinkle with walnuts and serve at room temperature.

BRAISED MIXED GREENS

\$30 Organic Box

- 1 bunch org. Spinach (Summerland)
- 1 bag org. Braising Mix (Cawston)
- 3 lbs org. Apples (BC)
- 1 bag org. lettuce (Cawston)
- 1 lb Belgian Endive (BC)
- 1 ct org. Gold Grape Tomatoes (BC)
- 3 lbs org. Potatoes (BC)
- 1 bunch org. Asparagus (Oliver)
- 2 lbs org. Carrots (BC)
- 1 lb Peppers (BC)
- 1 ct Kohlrabi (BC)

Braised Mixed Greens

- 1 tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves chopped
- 1 bag braising mix
- Sea salt and freshly ground pepper
- 1 1/2 cups cooked beans (borlotti, cannelloni, etc), home cooked or canned
- 3 to 4 slices bread
- Shaved parmesan or crumbled gorgonzola

1. Heat the oil in a large skillet. Add the onion and cook over medium high heat, stirring occasionally. Once the onion starts to soften a bit, after 3 or 4 minutes, add the garlic. Cook for a minute more, then add the greens and any herbs. Season with 1/2 teaspoon salt.

2. As the greens cook down, stir. Once they've all collapsed, add 1/2 cup water or bean broth, lower the heat and cook partially covered, until tender. Just make sure there is some liquid in the pan for sauce. When the greens are done, add the beans, heat them through, then taste for salt and season with pepper.

3. Toast the bread and rub it with some halved garlic. Arrange on plates and spoon on the greens and beans. Drizzle with olive oil. Garnish with the cheese, if using, and serve.

FEATURED FARM - WILLOWDALE FARM

Willowdale is located near Oliver and is farmed by organic famers Daniella and Brain Lindner. They grow organic Asparagus in the spring; and by summer we will feature their organic plums as well. If one vegetable comes to mind during the spring season certainly asparagus has to be on the top of the list. Asparagus has been difficult to grow this year due to a wetter than normal spring. The result has been a shortage of organic asparagus. However with Daniella and Brians persistence we finally have managed to harvest enough to add to our organic box. Thank you Daniella and Brain for your hard work, we look forward to the plums.