

Recipes, notes, and ideas from our lab to yours.
Visit cloverfoodlab.com for more.

D Contains Dairy
E Contains Egg

W Contains Wheat
S Contains Soy
N Contains Nuts

BACKYARD KIT

• Grilled Veggies with Dips & Pita

Grab these items:

Lemon Veggies
Balsamic Mushrooms
Silky Hummus
Romesco
Sunflower Seed Pesto
Dipping Veggies
Pita

S **W** **N**

1. If you're using a BBQ grill, light the grill fire and place grate over grill, or turn on a gas grill to medium-high heat.

If you're cooking indoors, preheat an oven to 400 degrees, or preheat a stovetop griddle to medium-high heat.

Remove veggies and mushrooms from bags. Drain off any extra marinade liquid.

2. Create skewers by threading veggies onto skewers that you've soaked in warm water for 10-15 minutes.

Staff tip: to ensure even cooking, make skewers that are all one type (all mushroom, all onion, all pepper). Even though they're less attractive than the traditional multi-veggie skewers, this will ensure that all the veggies will cook evenly.

Or skip the skewers altogether, and place veggies straight onto the grill in batches.

4. Cover the grate with onions. The onions will take a little bit longer to cook than the other items.
5. 3-4 minutes later, add zucchini, peppers, mushrooms and other veggies.
6. Grill the veggies for 5 more minutes total, turning them once or twice, until they are golden brown/ have stripes from the grill.
7. When veggies are done cooking, use the same heat source to warm pita until soft and puffy (usually 3 minutes). If heating pita on an outdoor grill, use tongs to turn the pita over so that it cooks evenly.
8. Transfer grilled veggies and mushrooms to a large serving plate and serve warm. Or cover and serve at room temperature.
9. Serve veggies with spreads, dips, and pita.

• Turn this kit into a dinner party

- Spread hummus on a platter and drizzle with olive oil and fresh herbs. Dip grilled veggies or dipping veggies into the dressed hummus.
- Make a big platter of white or basmati rice—drizzle with romesco and add veggie kebabs on top.
- Make easy veggie sandwiches with your spread of choice, and grilled or dipping veggies.

• Storage Instructions:

Store all items in the fridge or cooler until ready to enjoy. Pita should be frozen if you're not planning on eating it in the next few days.

PICNIC KIT

• Maine Farm Bowls with Heiwa Tofu

Grab these items:

Heiwa Tofu

Farro Sesame Salad

Pickled Carrots

Pickled Cabbage

Maine Seaweed Salad

Seasonal Farm Produce (exact produce will depend on farm availability)

W S

1. About 30 minutes before you want to leave for your picnic, open tofu package, and drain off any liquid.
2. Take farro out of the fridge so it can come to room temperature.
3. Place tofu on a cutting board and slice into 1/2 inch pieces.

Optional: to drain additional liquid out of the tofu, place the cut tofu on a paper towel-lined plate.

Set tofu aside.

4. Stir farro well to fully incorporate sesame dressing.
5. Drain liquid from pickled carrots and pickled cabbage.
6. Slice seasonal farm produce into bite sized pieces. Depending on the size of the produce you get that week, you may not need to cut it.
7. **Build your bowls.** Start with a cup or two of farro. Add a slice or two of tofu, a spoonful or two of seaweed salad, pickled carrots, pickled cabbage, and seasonal farm produce.

Bonus: drizzle with your favorite hot sauce.

8. To take these on a picnic, pack the completed bowls back into the provided containers and then serve on the compostable plates.

• Silky Hummus, Romesco and Pita

Grab these items:

Pita

Silky Hummus

Romesco

W N

1. Spread hummus on pita, or cut pita into quadrants for easy dipping.

• Coconut Pecan Blondies

D E W N

1. Enjoy straight from the fridge, or take out of the fridge an hour ahead of time to allow them to come up to room temperature.

• Homemade Sodas

Grab these items:

Seasonal Soda Syrup

Soda Water

Ice (not included)

1. Pre-chill your cans of soda before you leave for your picnic.
2. Add ice and sparkling water to a glass, top with soda syrup to desired level of sweetness. To make an adult beverage, add a splash of vodka or your favorite neutral spirit. Stir.

• Picnic ideas

Drive-in Movies at Topsfield, Marshfield, and West Springfield fairgrounds

The Bridge of Flowers in Shelburne

The Arnold Arboretum in JP

Walden Pond in Concord

The Rose Kennedy Greenway in downtown Boston

Castle Island in Southie

The Wenham Street Cinema in JP

The Boston Harbor Islands (particularly Spectacle Island)

Larz Anderson Park in Brookline

The Corey Hill Outlook in Brookline

Please double-check hours and Covid restrictions before heading out!

BEACH KIT

• Tofu “Egg Salad” Sandwiches with Potato Salad

D W S

Grab these items

Pita

Tofu “Egg Salad”

Pickles

Lettuce

Potato Salad

1. Warm the bread by heating it in an oven preheated to 350 degrees for 3 minutes until soft and puffy.

Staff Tip: If you’re planning to take these sandwiches to the beach and eat them a few hours later, don’t warm the pita at all (or only warm it for a minute). That will give you the best results.

2. With a serrated knife, slice your pita bread about 3/4 of the way down, then twist your knife to make a pocket.

Staff Tip: don’t split the bread all the way in half so it flops all the way open like two pizzas attached with a hinge; but if that happens, don’t worry, it’ll just be a bit harder to hold.

3. Cradle the partially-opened pita upright in one hand, so you have lots of real estate visible.
4. Add a scoop of egg salad, a few pickles and some lettuce. Try to lay the ingredients evenly across the sandwich so you get a bit of everything in each bite.
5. Wrap sandwiches in tinfoil (or stack them in the bread bag), put the sandwiches in a cooler, and head to the beach! Serve with potato salad.

• Summer Berries with Vanilla Sugar

Grab these items:

Seasonal Berries

Vanilla Sugar

1. Sprinkle vanilla sugar on top of berries. Watch them disappear!

• Dipping Veggies and Hummus

Grab these items: **Dipping Veggies, Silky Hummus**

1. Lay out dipping veggies and hummus and start dipping! Beware of sand and seagulls.

• Brownies **D E W**

Grab these items: **Brownies**

1. Cut brownies into fourths to make mini brownies, perfect for beachside snacking.

• Storage Instructions:

Store all items in the fridge or cooler until ready to enjoy. Pita should be frozen if you’re not planning on eating it in the next few days.

• Our staff’s favorite beaches

Singing Beach—Manchester By The Sea

They call it singing beach, because the sand “sings” under your bare feet. It’s a short walk from the commuter rail, and the last time I went it was just \$7 to get in. The beach is beautiful, with views of craggy islands. The convenience store next to the Dunkin’ will sell you a great sweatshirt if you find yourself in an unexpected summer downpour.

-Lucia

Skaket Beach—Orleans, MA

The tide pools always have some fun creatures to look at, and in the evenings everyone gathers along the sand to watch the sunset over the water.

-Jane

Misquamicut Beach—Rhode Island

As a kid, our family beach days would always be here! Friendly staff with lots of great waves. Nothing can beat a Dell’s Lemonade in the hot Rhode Island sun. Also, ample parking, locker space and showers make it a great destination!

-Joe

Walden Pond—Concord, MA

The place where Henry David Thoreau wrote On Walden Pond, this is a lovely pond surrounded by woods and trails. A great place to connect with nature, right outside of Boston.

-Lucia

Hamanassett Beach—Madison, CT

Located in the beautiful town of Madison, CT (about 15 mins away from New Haven), this beach holds a ton of memories for me. After finishing summer camp, we’d always have a “counselors day” to honor the hard work of staff. Pricey, but worth it.

-Joe

BRUNCH KIT

• Bagel Buffet

Grab these items:

Forge Bagels
Butter (optional, not included in kit)
Cashew Cream Cheese
Carrot Lox
Capers
Tomatoes

WNS

1. Preheat an oven to 350 degrees; prepare a campfire or grill with a grate set over embers; or plug in a toaster.
2. Slice bagels in half and toast them to desired toastiness.
3. Spread with butter if desired.
4. Slice tomatoes (we like using a serrated knife for maximum control).
5. Set out remaining ingredients, and have at it!

• Blueberry Muffins

Grab these items:

Blueberry Muffin Batter
Maple Oat Crumb Topping
Butter, Neutral Oil, or Spray Oil (not included in kit)

WS

1. Preheat oven to 350 degrees. Grease or spray muffin tin lightly.
2. Using an ice cream scoop (ideal) or 1/4 cup measure (a little messier), scoop batter into tins, sprinkle crumb topping on top, and bake on a rack in the center of the oven for 30 minutes or until a toothpick or knife inserted into the center of a muffin comes out clean.
3. Allow to rest on a wire rack for 10 minutes—the muffins will continue cooking outside the oven. Don't skip this step or your muffins will taste raw.

• Granola with Yogurt & Fruit

Grab these items:

Sidehill Farm Yogurt
Granola
Fruit Compote

DWN

1. With a spoon, rapidly stir yogurt 10-20 times until it's smooth. If you're expecting a crowd, pour the yogurt into a large bowl, or portion it into smaller cups or bowls.
2. Add granola and fruit compote.

• Mimosas

Grab these items:

Orange Juice
Not included in kit: your favorite dry sparkling wine or seltzer (we like Prosecco or Freixenet)

1. Chill wine and orange juice for a few hours or overnight.
2. Grab wine glasses or Champagne flutes.
3. Pour equal parts wine, then orange juice, into the glasses. Enjoy immediately to preserve the carbonation.

• Storage Instructions:

Pop everything in the fridge until you're ready to cook, except for the tomatoes and granola—those can be left out at room temperature.

Pita and bagels should be frozen if you're not planning on eating them in the next few days; otherwise they can be refrigerated. We don't recommend leaving them out at room temperature, especially in the summer, since they are preservative-free.

• Bonus Recipe: the 6.5 minute egg

Got a bunch of extra people coming by for brunch? Is someone bringing their new partner but didn't tell you until now?

There's nothing easier (or more crowd-pleasing) than these eggs. Add some salt and pepper, some fresh herbs, and some toast, and you've got another main course.

Bring a large pot of water to a boil.

Gently lower 6 eggs in, using a slotted spoon. The water should cover the eggs.

Set a timer for 6.5 minutes.

While the eggs cook, prepare an ice bath (a large bowl filled halfway with water with a dozen ice cubes floating in it).

Remove eggs from hot water and use the slotted spoon to lower them into the ice bath. This step is essential because it stops the eggs from cooking. You can peel the eggs at this point or leave them unpeeled.

If your friends are late you can return the eggs to the cooking water to keep them warm while you finish making the rest of brunch.

PS: this is essentially the recipe we use to make our breakfast sandwich eggs at Clover.



Recipes, notes, and ideas from our lab to yours.
Visit cloverfoodlab.com for more.

D Contains Dairy
E Contains Egg

W Contains Wheat
S Contains Soy
N Contains Nuts

MUFFIN KIT

• Blueberry Muffins

W S

Grab these items:

Blueberry Muffin Batter

Maple Oat Crumb Topping

Butter, Neutral Oil, or Spray Oil (not included in kit)

1. Preheat oven to 350 degrees. Grease or spray muffin tin lightly.
2. Using an ice cream scoop (ideal) or 1/4 cup measure (a little messier), scoop batter into tins, sprinkle crumb topping on top, and bake on a rack in the center of the oven for 30 minutes or until a toothpick or knife inserted into the center of a muffin comes out clean.
3. Allow to rest on a wire rack for 10 minutes—the muffins will continue cooking outside the oven. Don't skip this step or your muffins will taste raw.

• Plimoth Corn Muffins

D E W

Grab these items:

Plimoth Corn Muffin Batter

Honey Butter

Butter, Neutral Oil, or Spray Oil (not included in kit)

Follow the instructions for Blueberry Muffins, skipping the Oatmeal Maple Crumb Topping. Eat while still warm with honey butter.

Storage Instructions:

Pop everything in the fridge until you're ready to cook.



CLASSIC BREAKFAST SANDWICH KIT

• Grab these items:

Pita
Soft-Boiled Eggs
Cheddar
Tomatoes
Salt & Pepper (not included)

D E W

Recommended equipment:

Small/Medium Pot
Sheet Tray
Slotted Spoon

Tomato Corer: also known as a tomato shark 

1. Preheat oven to 350 degrees. Place pita on a baking sheet and place it in the oven. Toast for 3 minutes, or until warm and puffy, but not brown or crispy.

Staff Tip: If you've got a gas stove: heat/char your pita on the stove! This is really how pita was meant to be eaten. Just turn the flame on low-medium, place your pita on top, and have tongs at the ready. Do not turn your back or walk away.

Turn the pita a few times until it's puffy and soft, with slight black char marks. Adult supervision required for this one as it involves FLAMES.

2. Fill a small/medium pot with water and heat the water until it is just simmering (small bubbles are starting to form).
3. Place soft-boiled eggs in water, turn off heat, and leave the eggs in the water to warm for about 2 minutes.
4. Using a slotted spoon, remove the eggs from the pot.
5. Lightly tap them against a flat surface to crack them. Peel them and set them aside. If you are having trouble peeling the eggs, run them under a slow stream of water from the faucet. The water will help loosen the shell.
6. If your tomato is a big field tomato (usually August-September at Clover), remove the core, then slice it into super thin slices using a serrated knife. If it's a small cocktail tomato, you don't need to core it.
7. Remove pita from the oven, and with the serrated knife, slice it partially open like a clam shell, twisting your knife at the bottom so as not to cut it into two pieces.
8. Cradle the pita in one hand. Add a slice of cheddar, tomato slices and the egg. Close the pita. Add a shake of salt and pepper on top, and enjoy immediately.

Pop everything (except the tomatoes) in the fridge until you're ready to cook.

Pita should be frozen if you're not planning on eating it in the next few days; if you are planning on eating it soon, it can be refrigerated. We don't recommend leaving it out at room temperature, especially in the summer, since it is preservative-free.

Ok it's perfect as is. But...

- You could tear a few fresh herb leaves from your garden or windowsill garden and add it to the sandwich. Basil would be nice in the summer.
- Hot sauce! Hot sauce is so good on this sandwich! We sell a few of our favorites (Kitchen Garden, Craic Sauce), or check out crafthotsauce.com for a survey of all the best hot sauces in the nation!

WEEKNIGHT FAVORITES BOX

• Chickpea Fritter Sandwiches with Seasonal Side Salads

Grab these items:

Pita

Hummus

Cucumber-tomato salad

Falafel balls

Pickled carrots

Pickled cabbage

Pickles

Tahini sauce

Seasonal Salad (note: this salad changes weekly/monthly based on farm availability; allergens not reflected in this insert; for up-to-date information visit www.cloverfoodlab.com/mealboxes)

W S

1. Preheat oven to 375 degrees. Place pita on baking sheet and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm.
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel, tahini, and pickled vegetables to your liking.

• Impossible Kofta, Stew and Rice

Grab these items:

Kofta in chickpea tomato stew

Middle Eastern rice pilaf

1. Set a saucepan over medium heat. Add the kofta along with the chickpea tomato stew, and simmer until warm.
2. Pour rice pilaf into a saucepan, add a splash of water, and warm over medium heat, stirring occasionally to avoid rice sticking to the bottom of the pan. Serve stew over rice.

• Bangers and Mash with Colcannon and Seasonal Soup

Grab these items:

Beyond Meat Sausages

Colcannon

Onion Gravy

Seasonal Soup (note: this soup changes weekly/monthly based on farm availability; allergens not reflected in this insert; for up-to-date information visit www.cloverfoodlab.com/mealboxes)

W S

1. To make “bangers,” follow instructions on Beyond Meat package.
2. For Colcannon, preheat oven to 350 degrees. Remove the lid on the Colcannon and warm it in the oven for 10-15 minutes or until heated through.

3. Pour onion gravy into a small saucepan. If it's too thick, add a tablespoon of water. Stir, bring to a simmer, and serve warm over the bangers and mash. Use the saucepan to heat up the soup and serve everything together. **Total prep time: 20 minutes.**

• Moroccan-Inspired Nachos

Grab these items:

Tortilla Chips

Seasonal Salsa

Beans

Nacho Topping (note: salsas and toppings change weekly/monthly based on farm availability; allergens not reflected in this insert; for up-to-date information visit www.cloverfoodlab.com/mealboxes)

1. Preheat oven to 350 degrees.
2. Scatter tortilla chips on a sheet tray. Add beans and nacho topping.
3. Bake for 10-15 minutes, or until you start to smell the aroma of the chips.
4. Remove from oven.

W

• Seasonal Fruit Mousse and Pistachio Halva

Enjoy mousse straight from the fridge. Allow halva to come up to room temperature.

• Storage Instructions

Pop everything in the fridge, except for the tortilla chips, which can stay out on the counter.

Pita should be frozen if you're not planning on eating it in the next few days; if you are planning on eating it soon, it can be refrigerated. We don't recommend leaving it out at room temperature, especially in the summer, since it is preservative-free.