

LATE FALL BOX

• The Carrot Sandwich

Grab these items:

Pita
Roasted Carrots
Green Cabbage Slaw
Feta Cheese Sauce
Carrot-Habanero Sauce
Fried Farro
Lime
Seasonal Salad (Please note salad's allergens are not listed here)

D
W

1. Preheat your oven to 350 degrees. Place carrot on baking sheet and bake for 8-12 minutes until warm.
2. Place pita on a baking sheet and toast for 3 minutes, or until warm and puffy, but not brown or crispy. Set aside.
3. Cut lime in half or into quarters and squeeze over cabbage slaw. Toss.
4. With a serrated knife, slice open your warm pita bread and twist your knife to open it up like a clam shell. Holding it in one hand, spread an even layer of carrot-habanero sauce on pita. Add 1/2 cup carrots and a good pinch of slaw. Drizzle filling with feta cheese sauce and top with farro.

• Hearty Vegetable Stew

Grab these items:

Hearty Vegetable Stew
Steel and Rye Sourdough Boule
Pecorino Cheese
Pickled Veggies

D
W

1. Place stew in a pot over medium low heat and cook until warmed through (5-10 minutes).
2. Serve stew topped with Pecorino cheese with slices of sourdough for dipping.
3. Drain pickled veggies and serve as appetizer or accompanying stew.

• Storage Tips:

Store everything in the fridge except for the Boule, Crumb Topping, Dulse, Fried Farro, Pasta—keep those at room temperature. Refrigerate or freeze the pita if you are not eating it in the next 12-24 hours.

• Fancy Mac & Cheese

Grab these items:

Olive Oil or Butter (Not included in kit)
Creste di Gallo Pasta
Chive and Tarragon Bechamel
Mushrooms
Kale
Crumb Topping
Seasonal Salad (Please note salad's allergens are not listed here)

D
W

1. Set a pot of water over high heat. Salt it until it tastes like the sea. Pre-heat oven to 375 degrees.
2. Undercook fresh pasta in the salted water according to the package instructions. Cook pasta until it's al dente (not completely cooked, with plenty of bite to it). Drain undercooked pasta in a colander and set aside.
3. Slice or tear mushrooms into bite sized pieces (to tear them, "peel" them like string cheese, very fun for kids to do).
4. In the pasta-cooking pot, cook mushrooms and kale in a bit of olive oil or butter (not included in kit) over medium heat. When mushrooms are browned around the edges and soft, pour bechamel sauce over the mushrooms, add pasta and toss until everything is warm (if bechamel is too thick to pour, adjust it by adding a teaspoon of milk or water and whisking until smooth and pourable). Pour sauced pasta into an oven-safe casserole dish or skillet, mix in kale, and sprinkle cracker crumbs on top.
5. Bake for 10-15 minutes or until crumbs are brown. Serve with salad.

• Steamed Brown Bread with Butter

Grab these items:

Brown Bread
Butter
Dulse Seaweed

D
W
E

1. Slice brown bread and spread a generous layer of butter. Sprinkle with seaweed. We recommend taking the butter out to soften a half hour before eating.

*Optional: Warm bread in a preheated 350 oven for 5 minutes

• Chocolate Brownie **D** **W** **E**

• Pear and Apple Crisp with Oat-Maple Butter Crumb **D** **W**

* Warm in a low oven, if you'd like, or enjoy at room temperature