

Athens Farmers Market Weekly Meal Plan

Week 11: June 3rd-June 7th

Market Shopping List

3 yellow onion
1 pint snap peas
1 head broccoli

Mango Thai Basil preserves from Piedmont Provisions

leafy greens
2 lb dandelion greens
2 pints of strawberries

1 Cup basil
1.5 lbs carrots with green tops
2 cloves garlic
1 lb beets

Pantry Needs

Produce

6 cloves garlic
Small piece of ginger
1 red bell pepper
3 cucumbers **English Cucumbers**
1 lemon
2 shallots
1/2 Cup diced tomato

Pantry

2 Cups **White Rice**
1 1/2 Cups of lightly toasted **almond**
6 tablespoons **tomato juice**
3/4 lb **orecchiette or fusilli**

Fridge

1 block firm **tofu**
vegetable broth
unsalted **butter**
1 cup whole milk **ricotta** OR **Tofu ricotta**
Orange Juice

Spices

crushed red pepper
Salt & Pepper
1.5 tsp **fennel seeds**
1 Tbsp **poppy seeds**
Sugar

Oils & Vinegars

grapeseed oil
Tamari
olive oil
tabasco sauce
red wine vinegar
balsamic vinegar

MONDAY

Mango Thai Basil Stir Fry

Serves 4 | 45 minutes | vegan, GF

1 block firm **tofu**, drained & pressed, cut into 1 inch cubes
3 tbsp **grapeseed oil**
3 cloves **garlic**, minced
1 Tbsp **ginger**, peeled and minced
1 yellow **onion**
1 pint **snap peas**, strings removed
4 Tbsp **vegetable broth**
1 head **broccoli**, cut into florets
1/2 cup **frozen mangos**
2 tsp **Tamari**
3 tsp **Mango Thai Basil preserves** from Piedmont Provisions
Leafy greens, preferred (radish tops would be great!)
Salt
2 Cups **White Rice**, cooked according to package

1. Cook rice according to package
2. In a deep frying pan or wok, heat 1 Tbsp oil over medium-high heat, swirling to coat the pan. Add tofu and cook until lightly browned on one side, about 3 minutes. Turn tofu cubes, being careful not to break them and cook until browned on the opposite side. Transfer to plate.
3. Wipe pan clean, place over high heat, and add 1 Tbsp of oil, again swirling to coat pan. Add onion and stir fry for 1 minute. Add peas, and a pinch of salt.
4. Add garlic, ginger, carrot, and broccoli and frozen mango and stir fry for about 1 minutes. Add tamari, orange juice, and broth. Cover and cook on high heat until vegetables are almost tender, about 5 minutes. Add greens and stir until wilted. Add Mango Thai Basil to thicken remaining liquid into a sauce. Add tamari and salt to balance flavors.

TUESDAY

Sauteed Spicy Dandelion Greens

Serves 4 | 30 minutes | Vegan, Gluten Free

Source: Epicurious

2 lbs **dandelion greens**, tough part of stems discarded and leaves cut crosswise into 2" pieces
1 tbsp **olive oil**
1 tbsp **unsalted butter**
1 large **onions**
2 cloves **garlic**
1/2 tsp crushed **red pepper**
Salt & pepper

1. Fill your biggest pot (8 quarts) with well salted water and bring to boil. Cook greens, uncovered, until ribs are tender, about 10 minutes. Scoop out with a slotted spoon or skimmer into a colander, then rinse under cold water to stop cooking. Drain well, gently pressing out excess water, and transfer to a bowl.

For protein pairings, comments, & photos go to [Athensfarmersmarket.net/blog](https://athensfarmersmarket.net/blog)
Share your meals with us on Instagram! [@athensfarmersmarket](https://www.instagram.com/athensfarmersmarket) [#afmcooks](https://www.instagram.com/afmcooks)

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- Clean out the pot you just used and add oil and butter. Heat over medium heat until foam subsides, then cook onions, cherry pepper, ½ tsp salt, and ¼ tsp pepper covered stirring occasionally for about 4 minutes. Add garlic then cook until onions are pale golden about 4 more minutes. Add greens and cook, covered, stirring occasionally, until onions are tender, 4-6 minutes. Transfer to a serving bowl and drizzle with additional oil.

Source: Epicurious

1.5 lbs carrots with green tops
1 tbsp plus 2 teaspoons olive oil
½ tsp sugar
½ tsp kosher salt
¼ tsp freshly ground black pepper
1.5 tsp fennel seeds
1.5 tbsp unsalted butter
1.5 tsp fresh lemon juice

WEDNESDAY

Strawberry Gazpacho

Serves 4 | 20 minutes plus marinating

Guest Chef: Megan Brock

6 cups of **strawberries** (hulled and quartered)
2 1/4 Cups of **English Cucumbers** (peeled, seeded, and diced)
1 1/4 Cups of diced **red bell pepper**
1 1/2 Cups of lightly toasted **almond**
1/2 Cup **Basil**
2 **shallots**
6 tablespoons of **tomato juice**
3 tbs. **red wine vinegar**
1 1/2 tsp. **salt**
1/2 Cup **Extra Virgin Olive Oil**
Dash of **tabasco sauce**

Gazpacho Garnish Ingredients

1/3 Cup **basil**
1 Quart of **strawberries** (hulled and diced)
1/2 Cup **diced tomato**
1 Cup **cucumbers**
1 tsp **red wine vinegar**
2 tsp **olive oil**.

- Mix and marinate shallots, strawberries, bell pepper, and cucumbers in the vinegar, tabasco, salt, and 2 tbs of olive oil for 6 hours.
- (After having been marinated) Pour this mixture into the blender. Add tomato juice and almonds. Blend on high while slowly adding the remaining olive oil. Right before you finish adding the remaining olive oil, add the fresh basil. Season to taste. Chill your finished product.
- For Garnish: Combine the ingredients in a bowl. Season to taste. Serve gazpacho and garnish.

THURSDAY

Roasted Carrots with Fennel-Brown Butter

Serves 4 | 45 minutes, 15 minutes active | GF, Easily Vegan

- Preheat oven to 425 F. Trim carrot tops and coarsely chop. Measure 2 Tbsp. and set aside, reserve remaining tops for **another use**. Peel carrots, slice in half lengthwise, then cut into 2" pieces.
- Toss carrots with oil, sugar, salt, and pepper on a rimmed baking sheet. Arrange in a single layer and roast carrots, stirring halfway through, until tender and lightly caramelized, 25-35 minutes.
- Meanwhile, lightly crush fennel seeds using a mortar and pestle or the bottom of a heavy pan. Melt butter in a medium skillet over medium heat, then stir in crushed seeds. Cook, stirring occasionally, until foam subsides and the butter become fragrant, nutty, and golden brown, 3-5 minutes. Transfer butter mixture to a medium bowl.
- Once carrots are roasted, add them to butter mixture and toss to coat. Add lemon juice and toss to coat. Serve carrots topped with reserved carrot tops.

FRIDAY

Orecchiette with Sour Beets, Ricotta, and Poppy Seeds

Serves 4-6 | minutes | Vegan, GF
Source: Whole Bowls by Allison Day

2 tbsp extra-virgin olive oil
1 lb beets, grated
1 onion, diced
2 cloves garlic, minced
¾ tsp salt
Ground black pepper, to taste
1 tbsp balsamic vinegar
¾ lb orecchiette or fusilli (GF is needed)
1 cup whole milk ricotta
1 Tbsp poppy seeds

- Bring large pot of water to a boil; salt well
- In a high-sided skillet, heat oil over medium heat.
- Add beets, onion, garlic, salt, and pepper. Saute 10-15 minutes, until softened. Stir in vinegar.
- Mke pasta according to package. Reserve ½ cup cooking liquid and drain. Add pasta back to pot along with cooked beet mixture. Briefly stir over medium until heated through, adding reserved pasta cooking water to loosen, as required.
- To serve: add pasta to bowls, top with a dollop of ricotta and sprinkle with poppy seeds.