

Athens Farmers Market Weekly Meal Plan

Week 7: May 6th to May 10th

Market Shopping List

1 bunch **carrots**
1/4 cup **honey or agave**
1 pint **strawberries**
1 bag **spinach**
6 oz **shiitake mushrooms**
1 lb **mushrooms**
1 lb **asparagus**
8 cups **salad greens**
1 bunch **radishes**
3 Porch Farm **gomasio**
1 bunch **spring onions**
1 bunch **rainbow swiss chard**
1 bunch **cilantro**
2 pounds **collards**

Pantry Needs

Produce

2 heads **garlic**
1 **lemon**
2 **onion**
Small piece of **ginger**
1 **cucumber**

Pantry

vegetable **broth**
1/2 cup **peanut butter**
8 ounces **pad thai rice noodles**
1 can **white beans (rinsed and drained)**

Fridge

2 **tbsp unsalted butter**

Spices

poppy seeds
salt
red pepper flakes
black pepper

Oils and Vinegars

olive oil
white wine vinegar
peanut oil
dry white wine or sake
rice vinegar
tamari
sesame oil
agave
Sriracha
toasted sesame oil

MONDAY

Spinach Strawberry Poppyseed Salad

Serves 4 | 15 minutes | GF

dressing

1/2 cup **olive oil**
1/3 cup **white wine vinegar**
1/4 cup **honey or agave**
1/4 cup **strawberries**, stem removed
1 tablespoon **poppy seeds**
1/4 teaspoon **salt**

2 cup **spinach**
1/4 cup **strawberries**, stems removed, sliced
Optional: pecans, pinenuts

1. Combine all dressing ingredients in a food processor or blender, and blend until the strawberries are liquefied. Refrigerate in an airtight container. Assemble the salad

TUESDAY

Stir-Fried Asparagus with Shiitake Mushrooms & Sesame Seeds

Serves 4-6 | 15 minutes | Vegan, GF
Vegetable of the Day by Kate McMillan

3 Tbsp **peanut oil**
1 clove **garlic**, minced
1 Tbsp **ginger**, peeled and grated
6 oz **shiitake mushrooms**, stems trimmed, caps thinly sliced
1 lb **asparagus**, ends trimmed, spears cut into 2 inch pieces
1/4 cup **dry white wine or sake**
1/4 cup **vegetable broth**
2 Tbsp **tamari**
2 tsp **gomasio**

1. In a large, deep frying pan or wok, heat the oil over high heat. Add garlic and ginger and cook, stirring frequently until fragrant but not brown, about 30 seconds. Add mushrooms and cook, stirring frequently, until they begin to brown, about 2 minutes. Add Asparagus and cook stirring constantly, until bright green and tender, about 3 minutes
2. Pour in wine, broth, and sauce and cook until the liquid is reduced and the vegetables are tender, 2-3 minutes. Stir in the sesame seeds and serve.

For protein pairings, & more weekly meal plans go to [Athensfarmersmarket.net/blog](https://athensfarmersmarket.net/blog)
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WEDNESDAY

Greens with Beans

Serves 4 | 30 minutes | Vegan, GF

Source: FoodTalk

2 pounds **collards**

radish tops, (Save radishes for Dragon Noodle Salad)

3 tablespoons **olive oil**

1 **onion**, diced (medium sized)

2 cloves minced **garlic**

1/2 cup **broth**

1 can **white beans** (rinsed and drained)

2 tablespoons **vinegar**

1. Trim all stems from collards. Wash collard and radish greens. Bunch washed leaves together, roll tightly and cut crosswise into thin strips.
2. Heat oil in large, heavy skillet over medium heat. Cook onion, stirring until lightly brown.
3. Add garlic and broth to skillet. Bring to boil then add green strips by handfuls, stirring continuously. As greens reduce in size, continue adding greens until they all fit into the skillet. Cook until greens are soft but still maintain their bright green color.
4. Stir in beans. Heat through. Add vinegar to taste. Serve hot. Enjoy!

THURSDAY

Swiss Chard Rolls

Serves 4 | 20 minutes |

Source: The Ups South Cookbook by Nicole Taylor

12 cups water

1 tbsp plus 1 teaspoon **coarse salt**, divided

1 bunch **rainbow swiss chard**

1 teaspoon **sesame seeds**

2 tbsp unsalted **butter**

1 lb **mushrooms**, chopped

1 cup **spring onions**, chopped

1/2 cup **onions**, chopped

1/2 cup **carrots**, chopped

2 cloves **garlic**, minced

1.5 tsp **sesame oil**

1 tsp **agave**

1/2 tsp **rice vinegar**

1/4 tsp **red pepper flakes**

1. Bring water and 1/2 tsp salt to a boil, using a stockpot. Remove stems from Swiss chard and blanch for 30 seconds. Transfer to a bowl of cold water

2. Transfer chard to a baking sheet lined with paper towels and set aside.
3. Toast sesame seeds in a nonstick skillet on medium heat. The sesame seeds should turn a light brown color. Set seeds aside
4. Bring that pan back up to medium high heat. Add 1/2 tsp salt, butter, mushrooms, spring onions, onions, carrots, garlic. Cook on medium heat about 10 minutes or until veggies are soft.
5. Take pan off heat. Pour and toss in sesame oil, agave, rice vinegar, red pepper flakes, and toasted sesame seeds.
6. Position dried Swiss chard on a cutting board and stuff about 2 tbsp vegetable filling the the center of the leaf. Tuck the sides in, fold, and roll. Serve!

FRIDAY

Spicy Dragon Noodle Salad

Serves 4 | 15 minutes | V, GF

Source: Isa Does It by Isa Chandra

8 ounces **pad thai rice noodles**

1 cup **cucumbers**, thinly sliced

1 cup **radishes**, thinly sliced

8 cups **salad greens**

fresh **cilantro**

4 tablespoons 3 Porch Farm **gomasio**

For the Peanut Dragon Dressing

1/2 cup **peanut butter**

2 cloves **garlic**, peeled

1/3 cup **water**

3 tablespoons **rice vinegar**

2 tablespoons **tamari**

1 tablespoon **agave**

1 tablespoon Sriracha

1 teaspoon **toasted sesame oil**

Salt to taste

1. *Peanut Dragon Dressing*: Place all of the ingredients in a small blender or food processor and blend until smooth. Keep tightly sealed and refrigerated until ready to use for up to 5 days
2. *For the noodle salad*: Prepare the noodles according to package directions. Once soft, drain and run under cold water until cool
3. In a large mixing bowl, toss noodles, radishes and cucumber with most of the dressing, setting aside a little bit for drizzling.
4. Place a layer of greens on each plate and top with noodles. Sprinkle with gomasio, top with a little cilantro, and serve.

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