

# farm lunch favorites: staple meals for all seasons

## about farmer Liz



Hi! I'm Liz, and I'm the farmer/owner at Owl's Nest Farm. As part of the "benefits package" for the farm crew, I make them lunch at least twice a week. But since I'm often pressed for time, I usually opt for simple "staple meals" that are flexible enough to incorporate an ever-changing range of farm fresh produce. This way everyone who works at the farm also eats from the farm, and they're ready to share recipe ideas with CSA members, farmer's market customers, and friends. Enjoy!

## frittata

Frittatas are pretty much the most versatile dish ever. Not only can you incorporate all sorts of veggies into your frittata, you can also eat it for literally any meal. Plus, they're easily gluten-free and vegetarian.

Here's a basic list of ingredients:

1 tablespoon olive oil

3-4 cups chopped veggies - if you're using veg with high water content, like sweet peppers and zucchini, saute them first.

8 large eggs

1/2 cup milk

salt and pepper

Bake at 350 for 15 or so minutes. Done and done!

For folks who don't do animal products, eliminate the milk and sub in a pound of tofu for the eggs and blend it with soy sauce and nutritional yeast.



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## curry

I'm no expert when it comes to curries, but I sure do eat a lot of them, especially when it's cold. Here are some of the key elements for an easy curry in my kitchen.

- (1) Start with that garlic, ginger, and onion base. It's also OK to use curry paste if you're in a hurry.
- (2) Get something that'll bring it together, giving it some body. For me, this is usually coconut milk, but you can also use yogurt, cream, or tomato.
- (3) Throw some greens (kale, collards, cabbage, etc) in at the very end, often after the heat is off. When they're not overcooked, the greens add some interesting texture, plus you get all the health benefits of eating your greens.

## grain bowls

I'm going to be honest: a grain bowl is a fancy way to say I'm eating beans and rice. I eat this dish ALL THE TIME and I love it. I incorporate any and all veggies I have available: sweet peppers, green onions, grated radishes, potatoes, carrots, sweet potatoes, zucchini, tomatoes, and whatever greens I have available. I've also been known to throw together leftovers into a hearty grain bowl-esque lunch.

Here's my simple formula.

Start by cooking your grain: rice, quinoa, farro, freekeh, bulgur, etc.

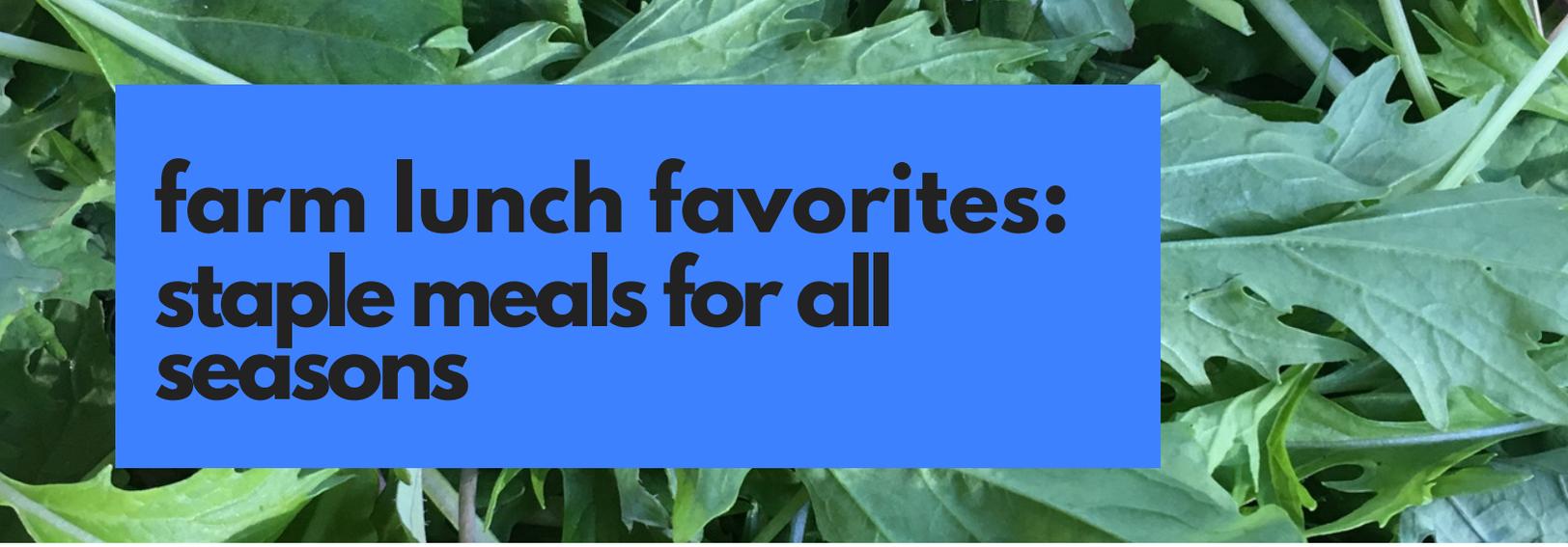
Choose a fat. I love coconut oil, but you can use any type of vegetable oil or animal fat.

Start by sauteing onions. If you're using a veg like carrots or sweet potatoes, add those early.

Include a protein. I recommend black beans and chickpeas, but eggs are also great here.

For maximum flavor, I either add a sauce - like pesto, chimichurri, or salsa - or I add plenty of acid - like lemon/lime juice or vinegar - and make sure I use plenty of salt.

Add greens and fresh herbs at the end.



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## build your own burrito

This is my go-to dinner party plan, also known as a way to make a bunch of veggie side dishes come together to make a meal. Here are the basics: (1) a roasted root vegetable, usually with cumin (i.e. sweet potatoes, potatoes, turnips, beets, carrots), (2) a citrus-y salad or slaw with cabbage, salad greens, hakurei turnips, or radishes (ideally all of the above!), (3) a sauce (pico de gallo with heirloom tomatoes, salsa verde with roasted tomatillos, or a ground cherry salsa), and (4) a protein, like black beans or ground beef. You'll also want to have a choice of corn or flour tortillas.

This build-your-own method means you can please folks with different dietary restrictions and/or food preferences without prepping multiple versions of the same dish.

## saute + sauce

People who love our CSA often have a favorite throw-everything-you-have-in-the-fridge recipe. Chop, sauté or stir-fry, maybe add a pasta or rice, and eat. For me, what brings these dishes together into something I'll even be excited to eat as leftovers is the right sauce. I don't use a recipe, but I taste a lot as I combine ingredients, either in a food processor or just shaken up in a jar.

Here are some of my favorite sauces:

- Tahini + fresh lemon juice + tamari + garlic = a high protein sauce that pairs well with all kinds of Asian greens
- Peanut butter + ginger + garlic + tamari and/or red miso = this peanut sauce is perfect for pasta
- Cilantro + parsley + vinegar + olive oil + garlic + salt = a simplified chimichurri that makes pretty much everything more delicious
- Greens + olive oil + salt + cheese + nuts = this pesto is so not authentic, but it's a great way to use extra greens and it adds lots of flavor to your catchall saute