



The
Good
Eggs

Dozer

VOL. 2
SUMMER
2020



**We believe good food
is the most powerful
force for change.**

That's why we have some of the highest standards in the industry and we'll never compromise.

What's in it & how it's made

We demand complete transparency for every product in our Marketplace — not only when it comes to the list of ingredients, but for the entire supply chain.

Where it comes from

Local producers are the heart of the Good Eggs community. A majority of the products we carry come from within 250 miles of our Hub.

How it's raised

Responsible agriculture practices and animal welfare are essential parts of a sustainable future. We prioritize working with pasture-based systems with meaningful outdoor access that are good both for animals and the environment.

How it's grown

Our roots are in local produce, grown right. Organic fruits and vegetables are our focus when stocking the Marketplace — around 90% of our produce is certified organic. Another 5% is sourced from small producers who meet or exceed those standards but aren't certified.

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Summer Recipes for Sunny Days

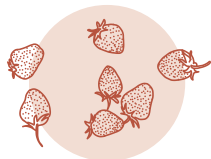
Welcome to the second edition of the **Good Eggs Dozen!** Rainy days have given way to blue skies and eternal sunshine, signaling the start of barbecue and picnic season — and we have the recipes to match. It's time to let beautiful summer produce shine, like juicy peaches and sweet corn. For those days when it's just too hot to cook, we have a refreshing recipe for tomato gazpacho from one of our producers, Live Earth Farm. And of course there's plenty of grilling inspo, including BBQ chicken. Plus, a foolproof formula for 5-ingredient panzanella you'll want to make over and over. Grab a cold drink, fire up the grill, and get ready for long days full of good food and great company. Summer has arrived!

What's in season this summer?

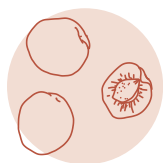
Summer brings with it an explosion of local-organic produce from Bay Area farmers. Keep your eyes peeled for sweet and spicy peppers, leafy greens and herbs, and one mouth-watering type of melon after another. Then you have the heroes of the season — a dizzying variety of tomatoes to try, sweet corn for the grill, and stone fruit so juicy, you'll have to eat it over the sink. For lovers of produce, this is a season to savor.



Summer Squash



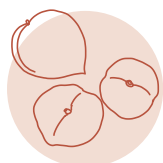
Strawberries



Apricots



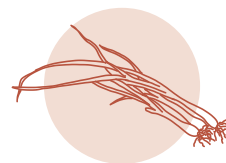
Nectarines



Peaches



New Potatoes



Spring Shallots



Mulberries



Green Beans



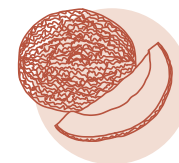
Tomatillos



Corn



Figs



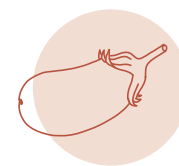
Goddess Melon



Tomatoes



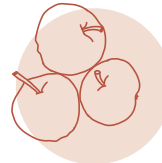
Cucumbers



Eggplant



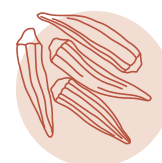
Blackberries



Pink Pearl Apples



Burdock



Okra

Barbecue Chicken with Sweet Corn & Garlic Bread

Fire up the grill, and throw everything on it. The chicken smokes out in a zesty sauce, plus garlic bread and sweet peaches sear on the side.

Vegetable oil

6 ears corn

2 par-baked baguettes

5 oz herb butter

2 or 3 cloves garlic, chopped

Salt and freshly ground pepper

2 lb BBQ marinated chicken pieces (see note below)

¼ cup chopped parsley leaves



30 minutes active

45 minutes total



Makes 6 servings



Omnivore



Little Helper Tip

Little ones can help remove the husks

- 1 Preheat a gas or charcoal grill to medium heat, and oil the grate.
- 2 Trim the silk from the top of the corn and remove one layer of the husks. Split the baguettes in half lengthwise, spread with most of the herb butter, sprinkle with the garlic, season with salt, and wrap in foil. Remove the chicken from the marinade and season with salt and pepper.
- 3 When the grill is hot, add the chicken and cook until no longer pink at the center, or a thermometer inserted at the thickest part reaches 165°F, 8 to 10 minutes per side for the wings and drumsticks, 12 to 15 minutes per side for the breasts and thighs.
- 4 Meanwhile, place the corn on the grill and cook, turning frequently, until the kernels are tender and there are grill marks on all sides, 15 to 20 minutes. Place the foil-wrapped baguettes on the grill, turning occasionally, until the garlic bread is crisp on the outside, 10 to 12 minutes.
- 5 As each item is finished, transfer to a platter. Let the corn cool slightly, then shuck the corn, top with a pat of the remaining herb butter, and season with salt and pepper. Slice the garlic bread.
- 6 Transfer the barbecued chicken to plates, with the corn and garlic bread on the side. Sprinkle with the parsley and serve warm.

Note: You can find the chicken under the marinated meats from Good Eggs Kitchen. But if it's not available, just use 2 lb chicken pieces, drizzle with barbecue sauce, and marinate for at least 30 minutes or up to overnight in the fridge.

Teriyaki Steak with Baby Bok Choy & Coconut Rice

Richly flavored grass-fed steak is even more enticing with a drizzle of teriyaki sauce. It's a fun pairing with a tropical wave of coconut rice and the crunch of bok choy.

1 lb top sirloin steak

10 oz teriyaki sauce

1 cup short-grain white rice

1 cup coconut milk

Salt and freshly ground pepper

½ lb baby bok choy

2 tablespoons vegetable oil, divided

1 handful sliced green onions

Togarashi (Japanese seasoning)



30 minutes active

30 minutes total



Makes 3 servings



Omnivore

- 1 Place the steak in a bowl, and pour in half of the teriyaki sauce. Turn the steak to coat, and let it marinate and come to room temperature.
- 2 In a pot over medium-high heat, combine the rice, coconut milk, 1 cup water, and a pinch of salt. Bring to a simmer, turn down the heat to maintain, cover the pot, and cook until fluffy and tender, 20 minutes or according to package instructions. Remove the coconut rice from the heat and let stand, still covered, 5 minutes.
- 3 Meanwhile, cut the bok choy into halves or quarters lengthwise, depending on size. Remove the steak from the marinade, pat dry with paper towels, and season on both sides with salt and pepper.
- 4 In a cast-iron skillet or sauté pan over medium-high heat, warm 1 tablespoon of the vegetable oil. When hot, add the steak and sear until browned, 3 to 5 minutes. Flip and continue to cook until done to your liking, 3 to 5 minutes longer for medium-rare, depending on thickness. Transfer the steak to a cutting board to rest.
- 5 Meanwhile, wipe out the pan, return it to medium heat, and warm the remaining 1 tablespoon vegetable oil. Add the bok choy, cut-side down, and ¼ cup water. Cover the pan and steam until the bok choy are tender, 3 to 5 minutes, depending on size. Season with salt.
- 6 When the steak is ready, slice it against the grain. Transfer the steak to plates, with the coconut rice and baby bok choy on the side. Drizzle with the remaining teriyaki sauce, sprinkle with the green onions and togarashi, and serve warm.

Grass-Fed Burgers with Tomatoes & Aioli

When you're craving a meaty cheeseburger, go for local grass-fed ground beef. Stack 'em tall with tomato, avocado, and a big swipe of aioli, all on a chewy pretzel roll.

3 grass-fed beef patties

3 pretzel burger buns

Salt and freshly ground pepper

4 oz garlic aioli

1 tablespoon olive oil

1 tomato, sliced

6 oz sliced Cheddar cheese

1 avocado, peeled, pitted, and sliced



15 minutes active

15 minutes total



Makes 3 servings



Omnivore



Little Helper Tip

Little ones can help build the burgers

- 1 Season the beef patties on both sides with salt and pepper. In a large cast-iron skillet or frying pan (with a lid) over medium-high heat, warm the olive oil. When the pan is searing hot, add the beef patties and cook until browned on the first side, 3 to 4 minutes. Flip and continue to cook until done to your liking, 3 to 4 minutes longer for medium. Toward the end of cooking, top each patty with 1 or 2 slices of cheese, and cover the pan to melt, 30 seconds. Transfer the patties to a plate and keep warm.
- 2 Wipe out the pan and return it to the heat. Add the buns, cut-side down, and toast until warm, 1 minute.
- 3 To build the burgers, place the buns on plates, spread with the aioli, and stack with the beef patties, tomato, and avocado. Serve warm, with any of your favorite fixings.

Sheet-Pan Pork Sausages with Peaches & Broccoli

Kick back this summer with pork and peaches, which are always a sweet combo. Roasting the fruit makes it syrupy, and you can bake everything on a single sheet pan.

3 peaches, pitted and cut into wedges

12 oz salt-and-pepper pork sausages

½ lb broccoli di Ciccio or baby broccoli

5 oz green garlic yogurt (see note below)

3 tablespoons olive oil, plus 1 teaspoon

Sesame dukkah (Egyptian seed-and-spice blend)



15 minutes active

25 minutes total



Makes 3 servings



Omnivore



Little Helper Tip

Little ones can help toss the peaches

Salt

- 1 Preheat the oven to 475°F. Line a sheet pan with foil.
- 2 Combine the peaches and broccoli in a large bowl, drizzle with 3 tablespoons olive oil, season with salt, and toss to coat.
- 3 Arrange the peaches and broccoli on half of the prepared pan. Arrange the sausages on the other half and lightly drizzle with 1 teaspoon olive oil. Roast until the sausages are browned, the broccoli is tender, and the peaches are juicy, 15 to 20 minutes.
- 4 Transfer the sausages to plates with the roasted peaches and broccoli on the side. Add a dollop of green garlic yogurt, sprinkle generously with the sesame dukkah, and serve warm.

Note: You can find the green garlic yogurt under the sauces from Good Eggs Kitchen. But if it's not available, just stir together Greek yogurt, chopped garlic, a drizzle of olive oil, and a pinch of salt.

Tomato Gazpacho

This cool soup is a favorite way to showcase dry-farmed tomatoes. It's terrific by itself, drizzled with balsamic vinegar, olive oil, or basil cream, or with a large, salty crouton.

2½ lb dry-farmed tomatoes, chopped

1 green bell pepper, seeded and chopped

1 cucumber, chopped

½ red onion, chopped

1 clove garlic, chopped

Leaves from 3 sprigs thyme

⅓ cup extra-virgin olive oil

¼ cup tomato paste

Juice of 1 lemon

1 tablespoon white wine vinegar

1½ teaspoons salt

½ teaspoon cayenne pepper (optional)



15 minutes
active

6 hours
total



Makes 4
servings



Vegetarian

- 1 In a high-powered blender, combine the tomatoes, bell pepper, cucumber, red onion, garlic, and thyme leaves. (If you don't have a high-powered blender, peel and seed the tomatoes and cucumbers first, capturing the juices.) Pour in the olive oil, tomato paste, lemon juice, and white wine vinegar. Season with the salt and cayenne, if you want a kick.
- 2 Blend until the gazpacho is thick and your preferred consistency, anywhere from chunky to smooth. Put the gazpacho into a glass or metal bowl, cover tightly, and chill thoroughly, 6 hours or overnight.
- 3 Season with salt to taste. Pour the gazpacho into cups or bowls and serve chilled, with any of your favorite toppings (see note above).



📍 Watsonville, CA

Live Earth Farm is a family farm growing a large diversity of vegetables and fruit on 75 acres in the beautiful Pajaro Valley nestled along the southern foothills of the Santa Cruz Mountains. The moderate coastal climate of the Monterey Bay allows us to farm year-round. Since 1996 we have been a Community Supported

Agriculture (CSA) Farm committed to growing the most delicious, beautiful, high quality organic vegetables and fruit the land has to offer. We treat our farm as a living organism, and believe in developing a deeper connection with the earth, the community, and environment around us.



Coconut Shrimp Lettuce Cups

Crispy, crunchy coconut shrimp are delicious for a quick dinner or chill snack. Fold them into lettuce leaves, and slick them with a sweet sauce.

1 lb peeled, deveined shrimp

2 large eggs

1½ cups shredded coconut

Salt

¼ cup vegetable oil

1 head butter lettuce,
leaves separated

Cooked rice

1 avocado, peeled, pitted,
and diced

1 handful mint leaves

1 lime, cut into wedges

Sweet chili sauce



30 minutes
active

30 minutes
total



Makes 3
servings



Pescatarian

- 1 Drain the shrimp and pat dry with paper towels. In a bowl, whisk the eggs with a fork. Pour the coconut onto a plate, and season with salt. Dip the shrimp into the eggs, letting the excess drip back into the bowl. Roll it in the coconut, pressing gently to help it stick. Transfer the coated shrimp to a plate.
- 2 In a nonstick frying pan over medium heat, warm the vegetable oil. When the oil shimmers, working in batches as necessary, add the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a plate lined with paper towels and sprinkle with salt while still warm. Add a drizzle of oil to the pan between batches, if necessary.
- 3 To build the lettuce cups, place the leaves on plates, fill with warm rice and coconut shrimp, and top with the avocado and mint. Serve warm, with the lime wedges for squeezing and sweet chili sauce for dipping.

Crispy Tofu Stir-Fry with Sweet Peppers

Anyone who's "not that into" tofu hasn't tried this delicious local curd, stir-fried until gloriously golden and crispy, tossed with sweet peppers, and coated in an umami-bomb sauce.

10 oz firm tofu

½ lb Jimmy Nardello peppers

¼ cup vegetable oil,
plus 2 tablespoons

½ red onion, sliced

5 oz stir-fry sauce
(see note below)

Soy sauce

Cooked rice

1 handful cilantro leaves

Sesame seeds

Chile flakes (optional)



25 minutes
active

25 minutes
total



Makes 3
servings



Vegetarian

- 1 Remove the tofu from the packaging, and press it between paper towels to remove any excess moisture. Trim any long stems from the peppers, and cut any larger peppers into halves.
- 2 In a large frying pan or wok over medium-high heat, warm ¼ cup vegetable oil. When it shimmers, add the tofu and stir-fry until golden, 8 to 10 minutes. Transfer to a plate lined with paper towels and set aside.
- 3 Return the pan to the heat, and add 2 tablespoons vegetable oil. Add the peppers and stir-fry until they start to soften, 5 minutes. Add the red onion and stir-fry until nearly tender, 3 minutes longer.
- 4 Return the tofu to the pan with the vegetables, drizzle with the stir-fry sauce, and stir to coat. Simmer until the sauce thickens slightly, 1 minute. Season to taste with soy sauce.
- 5 Heap the rice onto plates and spoon the tofu stir-fry over. Scatter with the cilantro leaves, sprinkle with the sesame seeds and chile flakes, if you want a kick, and serve warm.

Note: You can find the stir-fry sauce under the sauces from Good Eggs Kitchen. But if it's not available, just stir together soy sauce, rice vinegar, a spoonful of brown sugar, and a drizzle of sesame oil.

ONE INGREDIENT, THREE WAYS

How to Prep Corn

When summer rolls around, corn is the sweetest addition to your dinner repertoire, no matter which method you choose.



Boil

A quick plunge in hot water is the classic way to cook corn, teasing out the natural sweetness of plump kernels. Serve it piping hot and butter it up.

4 ears corn

Salt and freshly ground pepper

Butter

Shuck the corn. Place the corn in a large pot, add enough water to cover, and season with 1 tablespoon salt. Bring the pot to a boil, and cook until the kernels are tender, 3 to 5 minutes.

Using tongs, transfer the corn to plates. Top with a pat of butter, season with salt and pepper, and serve warm.

Tip: For a flavorful twist, try an herb butter. Good Eggs Kitchen offers chile and basil variations, or you can simply chop up any garlic and herbs on hand, and mix them into butter.



Grill

Grilling corn in the husks yields tender kernels with a hint of smoke and char. Stoke the flavor and slather it with cheese, chile, and lime.

4 ears corn

Salt

4 oz garlic aioli

3½ oz crumbled feta cheese

1 lime, cut into wedges

Ground chile

Preheat a grill to medium heat. Pull back the outer husks from the corn, but leave them attached. Remove the silks from the inside, then fold the husks back into place. Place the corn in a large bowl, add cold water to cover, and season with 1 tablespoon salt. Let soak for 10 minutes.

When the grill is ready, remove the corn from the water and shake off any excess. Place the corn on the grill, cover, and cook until the husks are toasted and the kernels are tender, 15 minutes, turning a couple of times.

Transfer the corn to a platter. When cool enough to handle, remove the husks. Spread the corn with aioli, scatter with the feta, and sprinkle with salt and chile. Serve warm, with the lime wedges for squeezing.

Tip: A quick soak in salted water infuses flavor and ensures the kernels stay plump and juicy as they cook on the grill.



Raw

Sweet corn is delicious even when raw. Marinate the crunchy kernels for a chill salad. You could fill it out with arugula for lunch, or fold in avocado and call it a dip.

4 ears corn

1 pint cherry tomatoes, cut in half

½ red onion, chopped

1 tablespoon red wine vinegar

2 tablespoons olive oil

Salt and freshly ground pepper

Shuck the corn, and cut the kernels off the cob.

In a bowl, combine the kernels, cherry tomatoes, and red onion. Drizzle with the vinegar and olive oil, season with salt and pepper, and turn to coat. Cover and refrigerate to let the flavors combine, 10 minutes.

Spoon the corn salad onto plates and serve chilled.

Tip: Cutting corn from the cob can lead to stray kernels all over your cutting board. For less mess, line a sheet pan with a clean towel, to capture while you cut.

Sheet-Pan Ratatouille with Eggs & Chèvre

Rustic ratatouille takes a big pile of summer vegetables and lets them shine. This version is adapted for the oven, so you can have a glass of rosé, instead of standing over a hot stove.

1 eggplant (about 1 lb), cut into bite-size pieces

1 zucchini (about 1/3 lb), cut into bite-size pieces

1 bell pepper, seeded and cut into bite-size pieces

1 pint cherry tomatoes

1 red onion, roughly chopped

4 or 5 cloves garlic, smashed

1/4 cup olive oil, plus 1 tablespoon

Salt and freshly ground pepper

6 large eggs

1 handful torn basil leaves

3 oz chèvre cheese, crumbled



15 minutes active

40 minutes total



Makes 3 servings



Vegetarian

- 1 Preheat the oven to 450°F. Line a rimmed baking sheet with foil.
- 2 Pile the eggplant, zucchini, bell pepper, cherry tomatoes, red onion, and garlic on the prepared pan. Drizzle with 1/4 cup olive oil, sprinkle with 1 teaspoon salt, grind with pepper, and toss to coat. Transfer to the oven and roast until the vegetables are tender and browned, about 35 minutes.
- 3 In a nonstick frying pan over medium heat, warm 1 tablespoon olive oil. Add the eggs and fry until done to your liking, 3 minutes for sunny-side up.
- 4 When the vegetables are ready, gently fold in the basil, coating everything in the pan juices. Heap the ratatouille on plates, top with the eggs and chèvre, and serve warm.

Peach Panzanella with Burrata & Mint

Summer is here when peaches are for dinner. Tossed with juicy tomatoes, creamy burrata, crushed pistachios, and a whiff of mint, this dish is a sunny mix of sweet and savory.

4 cups diced baguette

5 tablespoons olive oil, divided

Salt and freshly ground pepper

3 peaches, pitted and cut into bite-size pieces

1 pint cherry tomatoes, cut in half

1 tablespoon red or white wine vinegar

1 handful torn mint leaves

8 oz burrata cheese, drained and torn into hunks

2 oz toasted pistachios, roughly chopped



15 minutes active

15 minutes total



Makes 3 servings



Vegetarian



Little Helper Tip

Little ones can help toss and coat the peaches

- 1 In a large bowl, toss the baguette with 3 tablespoons olive oil and season with salt and pepper. Preheat a large cast-iron skillet or frying pan over medium heat. Add the baguette and toast until golden, turning occasionally, about 5 minutes.
- 2 Meanwhile, combine the peaches and tomatoes in a large bowl, drizzle with 2 tablespoons olive oil and the vinegar, season with salt, and toss to coat. Add the warm bread and toss to combine. Set aside to let the bread soak up the juices, 5 minutes.
- 3 Just before serving, fold the torn mint leaves into the salad. Heap the panzanella on plates, top with the burrata, and sprinkle with the pistachios. Drizzle the cheese with olive oil, season with salt and grind with pepper, and serve.

Fresh Pesto Pasta with Cherry Tomatoes

Sometimes, the best dinners keep it simple, tossing noodles with ripe tomatoes and garlicky pesto.

Salt and freshly ground pepper

12 oz fresh bucatini

1 pint cherry tomatoes

5 oz pistachio pesto

¼ cup grated Parmesan cheese, plus more for sprinkling

Olive oil



15 minutes active

15 minutes total



Makes 3 servings



Vegetarian

- 1 Bring a pot of salted water to a boil. Set the bucatini by the stove, but don't add it yet (it cooks quickly).
- 2 Meanwhile, remove the tops from the cherry tomatoes, and cut the tomatoes in half. In a large bowl, combine the tomatoes and pesto, but don't mix them yet.
- 3 Add the pasta to the boiling water and cook until al dente, 1 to 2 minutes or according to package instructions. Drain the pasta, reserving ¼ cup of the pasta water. Add the pasta to the bowl, along with the reserved water and ¼ cup cheese, and toss to coat. Season to taste with salt and pepper.
- 4 Heap the pesto pasta and cherry tomatoes into bowls. Drizzle lightly with olive oil and sprinkle with some of the remaining cheese. Grind with pepper and serve warm.

Bruschetta with Tomatoes & Basil

Dry-farmed and heirloom tomatoes both have a reputation for being the juiciest and sweetest. Mixed with fresh basil and topped onto garlicky toasts, every bite is a party.

½ loaf ciabatta bread, sliced

2 tablespoons olive oil, plus more for brushing

Salt and freshly ground pepper

1 lb dry-farmed tomatoes, chopped

1 lb heirloom tomatoes, chopped

1 handful torn basil leaves

1 or 2 cloves garlic, cut in half



15 minutes active

15 minutes total



Makes 6 servings



Vegetarian

- 1 Preheat the oven to 400°F. Line a sheet pan with parchment or foil.
- 2 Place the ciabatta pieces on the prepared pan, brush with olive oil, and season with salt. Transfer the pan to the oven and toast until golden, about 5 minutes.
- 3 In a bowl, toss together the tomatoes, basil, 2 tablespoons olive oil, and a couple of pinches of salt. Let rest and marinate, stirring occasionally, 5 minutes.
- 4 Rub each slice of bread with the cut side of a clove of garlic. Pile the marinated tomatoes on top, grind with pepper, and serve.

5-Ingredient Summer Panzanella

Panzanella, traditionally a Tuscan salad of bread and tomatoes, is easy to assemble on hot (or rushed) summer days and features the season's best produce.

Stale Bread

Country, baguette, pita—whatever you have lying around will work. Tear into 1-inch pieces, and toast under the broiler until a bit crispy on the outside.



Dressing

Toss enough dressing (use olive oil and vinegar in a pinch) with the bread to generously coat.



Summer Vegetables

Tomatoes are standard, but go with the seasonal produce you're excited about — cucumbers, roasted peppers, even stone fruit. Slice into 1-inch pieces and toss with the bread!



Herbs

Tear fresh herbs (whatever will go with your produce) into the salad.



Add-Ons

Tom cheese, grilled meats, and jammy eggs move panzanella into dinner territory.



Summer Berry Cobbler

Dump a bounty of berries in this easy cobbler, the quintessential summer treat. The filling tosses together quickly, and it's a breeze to top with premade biscuit dough.

Butter
1 lb strawberries, hulled and sliced
6 oz blackberries
6 oz blueberries
¼ cup sugar, plus 1 tablespoon

2 tablespoons all-purpose flour
¼ teaspoon salt
3 rounds premade biscuit dough
1 teaspoon ground cinnamon (optional)

- 1 Preheat the oven to 375°F. Grease a cast-iron skillet (about 10 inches) or square baking dish (about 8 inches) with butter.
- 2 In a large bowl, combine the strawberries, blackberries, and blueberries. Sprinkle with ¼ cup sugar, the flour, and salt and toss to coat. Pour the berry mixture into the prepared pan.
- 3 Remove the biscuits from the packaging, split them in half, and arrange the rounds on top. In a bowl, stir together 1 tablespoon sugar and the cinnamon, if you want some warmth, and sprinkle the cinnamon sugar over the biscuits.
- 4 Transfer the pan to the oven and bake until the biscuits are golden and the filling is bubbling around the edges, 30 to 35 minutes.
- 5 Scoop the cobbler into bowls and serve warm.



10 minutes active
35 minutes total



Makes 6 servings



Vegetarian



Little Helper Tip

Little ones can help combine the berries



Instagram giveaway!

Post a picture with your zine and a meal you've cooked or some of summer's best produce and tag @goodeggs.

We'll randomly pick a winner to receive a seasonal box full of summer's best.

Enter by July 31st to be eligible.

You didn't think we forgot about dessert, did you?



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& eggs

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