

The
Good
Eggs

Dozer

VOL. 4
WINTER
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.

VOL. 4 / WINTER 2020

Winter Recipes to Put on Repeat

Welcome to the fourth edition of the *Good Eggs Dozen!* Winter, with its soaking rains, may be the dreariest of seasons in the Bay, but if you love local, peak-quality food, it's another time of year to savor. There's Dungeness crab, for starters! Our Sourdough Crab Sandwiches with Meyer Lemon Relish are a great no-fuss way to enjoy this prized crustacean. We've also included healthy servings of beans and greens throughout these dishes, like the lesser-known mizuna and komatsuna greens that take center stage in a family hot pot recipe from longtime producer Hikari Farms. There's plenty of cauliflower, too — a delicious winter ingredient that rarely gets the respect it deserves. Try our famous Cauliflower Tacos if you're looking for a main course, or discover three ways to quickly turn this versatile brassica into a tasty side. And for dessert? Sweet crostini topped with slices of colorful citrus — one more of winter's many treasures to look forward to here in California.

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

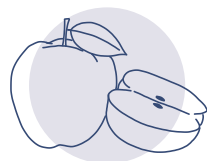
Responsible agriculture practices and animal welfare are essential parts of a sustainable future. We prioritize working with pasture-based systems with meaningful outdoor access that are good both for animals and the environment.

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.

What's In Season This Winter?

Beets, carrots, and cauliflower are available year-round in the Bay, but they're at their best during California's cool, wet winters. Kale, chard, and other hearty greens also thrive this time of year, along with crisp radishes and bok choy. Citrus in all colors and sizes bring some much-needed sweetness and acidity to the season, while hinting at the bounty of bright flavors to come in spring.



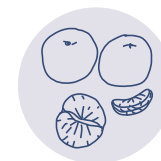
Apples



Chard



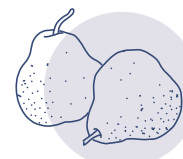
Sunchokes



Clementines



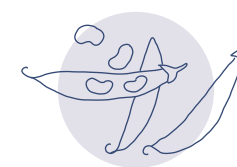
Beets



Pears



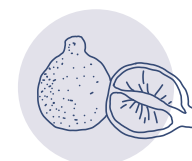
Radishes



Fava beans



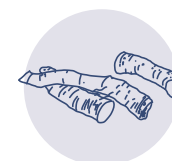
Bok choy



Minneola tangelos



Dandelion greens



Horseradish



Carrots



Satsumas



Arugula



Cara caras



Cauliflower



Kale



Celery root



Kiwi

Chicken Schnitzel with Potato Salad & Purple Cabbage

Crispy chicken cutlets, dredged in panko bread crumbs and fried until golden brown, are even more comforting alongside a warm potato salad and ultra-fresh purple slaw.

- ½ head purple cabbage, cored and thinly sliced
- ½ cup chopped parsley leaves
- Juice of ½ lemon, plus wedges
- 2 large eggs
- Salt and freshly ground pepper
- 1 cup panko bread crumbs
- 14 oz steamed potatoes, quartered
- ½ cup all-purpose flour
- 3 oz red wine vinaigrette
- 1 lb thin-cut chicken breasts
- Vegetable oil



35 minutes active
35 minutes total



Makes 3 servings



Omnivore

- 1 Place the cabbage in a bowl, drizzle with the lemon juice, season with salt, and toss to coat.
- 2 Reheat the potatoes in the microwave until steaming, 2 to 3 minutes. Drizzle with the red wine vinaigrette, season with salt and pepper, and toss to coat. Fold in 2 tablespoons of the chopped parsley. Keep warm.
- 3 Crack the eggs into a wide bowl and beat with a fork. Pour the panko onto a plate. Pour the flour onto another plate. Line up the flour, eggs, and panko on the counter, season all of them with salt, and place a clean plate at the end.
- 4 Pat the chicken dry with paper towels. Working with one piece at a time, dredge it in the flour, shaking to remove any excess. Dip it into the eggs, letting any excess drip back into the bowl. Roll it in the panko, pressing gently to help the crumbs stick. Transfer the breaded cutlets to the clean plate.
- 5 In a wide sauté pan over medium-high heat, pour in vegetable oil about ¼-inch deep. When the oil shimmers, working in batches if necessary, add the breaded cutlets and fry until golden, 2 to 3 minutes per side. Transfer to a plate lined with paper towels and sprinkle lightly with salt.
- 6 Transfer the chicken cutlets to plates, and spoon the warm potato salad and purple cabbage on the side. Sprinkle with parsley and serve warm, with the lemon wedges for squeezing.

One-Skillet Steak with Tokyo Turnips & Chimichurri

Flavorful grass-fed steak is brightened with a drizzle of green chimichurri. On the side, mild white turnips, along with their tops, get a quick glaze to accentuate their sweet earthiness.

- 1 lb rib eye steak
- 1 tablespoon olive oil
- Salt and freshly ground pepper
- 2 tablespoons butter
- 1 bunch Tokyo turnips
- ½ teaspoon sugar
- Chimichurri sauce



25 minutes active

25 minutes total



Makes 3 servings



Omnivore

- 1 Remove the steak from the packaging, pat dry with paper towels, and season generously with salt and pepper on both sides. Separate the turnips and greens. Cut the turnips in halves or quarters, depending on size. Roughly chop the greens.
- 2 In a large cast-iron skillet or sauté pan over high heat, warm the olive oil. When hot, add the steak and sear until browned on the first side, 5 to 7 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 minutes.
- 3 Meanwhile, return the pan to medium-high heat. Add the turnip halves, along with ½ cup water, the butter, sugar, and a pinch of salt. Sauté until the sauce reduces and the turnips are tender and glazed, 6 minutes. (If the sauce is reduced, but the turnips still need another minute or two, add a splash more water and continue cooking.) Add the turnip greens and cook until just wilted, 1 to 2 minutes longer.
- 4 Thinly slice the steak across the grain and transfer to plates, with the turnips and greens on the side. Generously spoon chimichurri over the steak slices, sprinkle with salt, grind with pepper, and serve warm.

Sourdough Crab Sandwiches with Meyer Lemon Relish

The East Coast may love their lobster roll, but San Francisco crushes crab sandwiches. This winter special is fresh and bright, warmed in herb butter, and piled on chewy sourdough.

- 1 bulb fennel
- 1 orange
- 1 Meyer lemon
- 2 teaspoons olive oil
- Salt and freshly ground pepper
- 2.5 oz herb butter
- ½ lb Dungeness crabmeat
- 1 sourdough baguette
- 1 handful chopped chives
- Potato chips



15 minutes active
15 minutes total



Makes 2 servings



Pescatarian

- 1 To make the relish, pick a handful of fennel fronds and set aside. Trim the fennel bulb and finely chop half of the bulb, reserving the rest for another use. Place the chopped fennel in a bowl. Cut off the top and bottom of the orange, and cut away the white pith and peel, following the contour of the fruit. Chop the orange and add it to the bowl, along with its juices. Thinly slice half the Meyer lemon into triangles, remove any seeds, and add the slices to the bowl. Squeeze the juice of the remaining ½ lemon over the top. Drizzle with the olive oil, season with a pinch of salt, and turn to coat.
- 2 In a frying pan over medium-low heat, melt the herb butter. Add the crab and stir to warm through, 2 to 3 minutes.
- 3 Meanwhile, cut the baguette into 6-inch lengths, split them in half, and remove the stuffing from the top. Toast the baguette.
- 4 To build the sandwiches, stuff the baguette with crab and top with the Meyer lemon relish. Grind with pepper, sprinkle with the chives and fennel fronds, and serve warm, with potato chips on the side.

Tofu Stir-Fry with Brussels Sprouts & Black Bean Sauce

Cruciferous vegetables add big crunch to saucy stir-fries, but bite-size Brussels offer a fresh twist, along with a crush of local walnuts.

- 10 oz firm tofu
- 2 tablespoons canola oil, plus 2 tablespoons
- 1 lb Brussels sprouts, cut in half
- 5 oz black bean sauce
- 1 handful chopped, toasted walnuts
- Chile flakes (optional)
- Cooked rice
- 1 handful sliced green onions



15 minutes active
15 minutes total



Makes 3 servings



Vegetarian

- 1 Remove the tofu from the packaging and pat dry with paper towels. Dice the tofu into bite-size pieces (about ¾-inch cubes).
- 2 In a wok or large sauté pan over medium-high heat, warm 2 tablespoons canola oil. Add the tofu and stir-fry until browned, 5 to 8 minutes. Transfer the tofu to a plate and keep warm.
- 3 Return the pan to the heat and add another 2 tablespoons canola oil. Add the Brussels sprouts and stir-fry until lightly browned and nearly tender, 5 minutes.
- 4 Return the tofu to the pan and turn down the heat to low. Add the black bean sauce and the walnuts and stir to combine. Add a pinch of chile flakes, if you like a little heat.
- 5 Heap the rice on plates and spoon the tofu stir-fry over. Sprinkle with the green onions and serve warm.

The Good Eggs Guide to

Grain-to-Water Ratios

Chances are you have a few whole grains in your pantry. They're good for grain bowls, starchy sides, and sweet or savory breakfasts — but they all have a different set of cooking times and methods. And no matter how hard you try to memorize those ratios of grain to water, they tend to evade you when you need them most, leading to hasty Google searches when you'd rather be doing anything else. If that sounds familiar, this infographic is for you.

Brown Rice

GRAIN	WATER	TIME
1 cup	2 cups	45 minutes

In a pot over high heat, combine the brown rice and water. Bring to a boil, turn down to a simmer, then cover and cook until the water has been absorbed, 45 minutes. Remove from the heat and let steam with the lid still on, 5 minutes. Fluff with a fork and serve warm.

Basmati Rice

GRAIN	WATER	TIME
1 cup	2 cups	20 minutes

In a pot over high heat, combine the basmati rice and water. Bring to a boil, turn down to a simmer, then cover and cook until the water has been absorbed, 20 minutes. Remove from the heat and let steam with the lid still on, 5 minutes. Fluff with a fork and serve warm.

Sushi Rice

GRAIN	WATER	TIME
1 cup	1½ cups	20 minutes

In a pot over high heat, combine the sushi rice and water. Bring to a boil, turn down to a simmer, then cover and cook until the water has been absorbed, 20 minutes. Remove from the heat and let steam with the lid still on, 5 minutes. Fluff with a fork and serve warm.

Steel-Cut Oats

GRAIN	WATER	TIME
1 cup	3 cups	20–30 minutes

In a pot over high heat, bring the water to a boil. Add the steel-cut oats, turn down to a simmer, then cover and cook until the mixture is thick and the grains are tender, stirring occasionally, 20 to 30 minutes. Season with salt and serve warm.

Rolled Oats

GRAIN	WATER	TIME
1 cup	2 cups	10 minutes

In a pot over high heat, bring the water to a boil. Add the rolled oats, turn down to a simmer, then cook until the mixture is thick and the grains are tender, stirring occasionally, 10 minutes. Season with salt and serve warm.

Farro

GRAIN	WATER	TIME
1 cup	2 cups	30 minutes

In a pot over high heat, bring the water to a boil, and season with salt. Add the farro, turn down to a simmer, then cook until al dente, which varies depending on the type, 30 minutes for semi-pearled. Stir with a fork to separate the grains and serve warm.

Wheat Berries

GRAIN	WATER	TIME
1 cup	2 cups	30–35 minutes

In a pot over high heat, bring the water to a boil, and season with salt. Add the wheat berries, turn down to a simmer, and cook until al dente, which varies depending on the type, 30 to 35 minutes for whole grain. Stir with a fork to separate the grains and serve warm.

Quinoa

GRAIN	WATER	TIME
1 cup	1½ cups	15–20 minutes

Although technically a seed, quinoa still cooks like a grain. In a pot over high heat, combine the quinoa and water. Bring to a boil, turn down to a simmer, then cover and cook until the water has been absorbed, 15 to 20 minutes. Remove from heat and let steam with the lid still on, 5 minutes. Fluff with a fork and serve warm.

Cauliflower Tacos with Citrus Salsa

Cauliflower stars in these super satisfying veggie tacos, with a smear of pepitas salsa. Top with juicy oranges for a citrus twist.

- | | |
|---|--|
| 1 small head cauliflower | 1 cup chopped cilantro leaves |
| 2 tablespoons olive oil, plus 1 tablespoon | 1 jalapeño, minced (optional) |
| 1 tablespoon chili powder | 6 flour tortillas |
| Salt | Pepitas salsa |
| 2 oranges | Shredded cabbage |
| Juice of ½ lime, plus wedges | 1 avocado, peeled, pitted, and sliced |
| 2 tablespoons chopped green onions | |


20 minutes active
30 minutes total


Makes 3 servings


Vegetarian


Little Helper Tip
Little ones can help build the tacos

- Preheat the oven to 450°F. Line a sheet pan with foil or parchment.
- Core and cut the cauliflower into florets. Pile the cauliflower on the pan, drizzle with 2 tablespoons olive oil, season with the chili powder and salt, and toss to coat. Roast until the cauliflower is tender and golden, stirring once halfway through cooking, about 25 minutes total.
- Meanwhile, to make the citrus salsa, peel and roughly chop the oranges (you should have about 1½ cups). Transfer the chopped oranges and any juices to a bowl. Drizzle with the lime juice, and add the green onions and cilantro, along with jalapeño to taste. Drizzle with 1 tablespoon olive oil, season with a couple of pinches of salt, and stir to combine.
- To warm the tortillas, in a dry pan over medium-high heat, flash the tortillas for 30 seconds on each side. Wrap them in a clean towel to steam through and keep warm.
- To build the tacos, place the tortillas on plates, spread with pepitas salsa, and pile with the roasted cauliflower, citrus salsa, shredded cabbage, and avocado slices. Serve warm, with the lime wedges for squeezing.

Pesto Pasta with Broccoli & Pistachios

Dig into a gorgeous green bowl of pasta. Smashing broccoli is a fresh way to reimagine pesto, and toasted pistachios and grassy olive oil enrich the flavor.

- | | |
|--|--|
| Salt and freshly ground pepper | 1 cup crumbled ricotta salata cheese |
| 12 oz fresh rigatoni or penne pasta | 1 lemon |
| 1 bunch broccoli | ¼ cup pistachios, toasted and chopped |
| 5 oz pistachio pesto | Chile flakes (optional) |


20 minutes active
20 minutes total


Makes 3 servings


Vegetarian

- Bring 2 pots full of salted water to a boil. Set the pasta by the stove, but don't add it yet (it cooks quickly).
- Meanwhile, cut the broccoli into florets. Trim away the tough skin from the stem, and roughly chop the stem.
- Add the broccoli to one pot of boiling water and blanch until very tender, 7 to 8 minutes. Using a slotted spoon, transfer to a large bowl. Add the pesto and stir, mashing gently to create a rugged sauce.
- Add the pasta to the second pot and cook until al dente, 4 to 5 minutes or according to package instructions. Drain the pasta and add it to the bowl with the broccoli. Add the ricotta salata and stir until coated, 1 to 2 minutes. Season with salt and pepper to taste.
- Heap the pesto pasta into bowls. Squeeze generously with lemon, sprinkle with pistachios and chile flakes, if using, and serve warm.



Roast

Roasting brings out the best in cauliflower. The hot oven teases out a peppery flavor and inspires golden edges.

1 head cauliflower

3 cloves garlic

3 tablespoons olive oil

Salt and freshly ground pepper

1 handful parsley leaves

Preheat the oven to 400°F. Line a sheet pan with parchment or foil.

Core and cut the cauliflower into florets. Pile the cauliflower and garlic on the prepared pan, drizzle with the olive oil, season with salt and pepper, and toss to coat. Transfer the pan to the oven and roast until golden brown and tender, 25 to 30 minutes.

Transfer the roasted cauliflower to a platter. Sprinkle with the parsley, grind with pepper, and serve warm.

Tip: Prep a big batch of roasted cauliflower to add to stir-fries, salads, and pastas for easy meals later in the week.



Pan-fry

Searing thick steaks is an unexpected way to enjoy cauliflower, because a hot skillet imparts a deeply caramelized crust.

1 large head cauliflower

Olive oil

Salt and freshly ground pepper

Pistachio pesto

Trim and remove the tough outer leaves from the cauliflower. Slice the cauliflower into 3 or 4 steaks about 1½ inches thick.

In a cast-iron skillet or sauté pan over medium-high heat, warm 2 tablespoons olive oil. Working in batches if necessary, add the cauliflower steaks and cook until dark golden brown on the first side, 5 to 6 minutes. Flip and cook until tender and browned on the second side, 4 minutes longer. Season with salt and pepper.

Transfer the cauliflower steaks to plates, drizzle with pesto, grind with pepper, and serve warm.

Tip: Slide cauliflower steaks on a bed of grains, and drizzle with pesto or salsa verde, for an easy meatless supper.



Mash

Whenever you're craving mashed potatoes, but don't feel like peeling, cauliflower sinks down into a surprisingly creamy mash.

1 large head cauliflower

2 tablespoons butter, plus more

Salt and freshly ground pepper

Core and finely the cauliflower.

In a large pot over medium-high heat, melt 2 tablespoons butter. Add the cauliflower and sauté until nearly tender, about 7 minutes. Add 1½ cups water and season with salt. Cover the pot and cook until very soft, 12 to 15 minutes.

Use a potato masher to mash until creamy. Season to taste with salt and pepper.

Spoon the cauliflower mash onto plates, add pats of butter, and serve warm.

Tip: For an ultra creamy consistency, use a stick blender or food processor to puree the cooked cauliflower.

ONE INGREDIENT, THREE WAYS

How to Prep Cauliflower

Mild-mannered and exceedingly versatile, cauliflower stars in winter. And it's sweet any way you cook it, whether roasted as florets, seared as thick steaks, or mashed until creamy.

Each recipe makes
4 side servings

Winter Minestrone with Beans & Greens

This hearty soup brightens up for winter with white beans and verdant greens. Finish it off with a swirl of pesto, shower of cheese, and a big squeeze of lemon.

Salt and freshly ground pepper

1 cup elbow macaroni

1 tablespoon olive oil, plus 2 tablespoons

2 cups mirepoix

4 cloves garlic, chopped

Chile flakes (optional)

1 can (15 oz) cannellini beans, rinsed and drained

3½ cups vegetable broth

1 cup chopped baby broccoli

2 cups chopped mustard greens

Juice of 1 lemon

Pistachio pesto

Grated Parmesan cheese



20 minutes active

30 minutes total



Makes 3 servings



Vegetarian

- 1 Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, 6 minutes or according to package instructions. Drain the pasta, drizzle with 1 tablespoon olive oil, and toss to separate the pieces.
- 2 Return the pot to medium-high heat, and warm 2 tablespoons olive oil. Add the mirepoix, season with salt, and sauté until soft, 5 minutes. Add the garlic and a pinch of chile flakes, if you want a kick, and stir until fragrant, 30 seconds.
- 3 Add the cannellini beans and vegetable broth, bring to a simmer, and cook to let the flavors meld, 10 minutes.
- 4 Add the baby broccoli, mustard greens, and cooked pasta, and cook until the pasta is warmed through, the baby broccoli is bright green, and the mustard greens are wilted, 3 minutes. Remove from the heat, add the lemon juice, and season with salt and pepper, if necessary.
- 5 Ladle the soup into bowls and swirl with spoonfuls of the pistachio pesto. Sprinkle with Parmesan, grind with pepper, and serve warm.

Sesame Chicken Salad with Satsumas

Even in the heart of winter, crunchy cabbage and juicy citrus shine bright. Dress them up with a sweet and tangy dressing, and fill it out with tender chicken and creamy avocado.

1 lb satsuma or mandarin oranges

6 cups sliced Napa cabbage

1 handful sliced green onions

14 oz cooked, shredded chicken breast

3 oz soy-ginger dressing

Soy sauce or salt

1 avocado, peeled, pitted, and diced

¼ cup almonds, toasted and chopped



15 minutes active

15 minutes total



Makes 3 servings



Omnivore



Little Helper Tip

Little ones can separate orange segments

- 1 Peel the oranges and separate the segments, removing any seeds.
- 2 In a bowl, combine the oranges, cabbage, green onions, and chicken. Drizzle with the dressing and toss to combine. Season to taste with soy sauce or salt.
- 3 Heap the salad on plates, top with the diced avocado and almonds, and serve.

Grain Bowls with Winter Squash & Pomegranate

Pleasantly chewy farro is the basis for this beautiful autumn grain bowl. It's drizzled in an earthy tahini dressing and brightened with fresh pomegranate and mint leaves.

- | | |
|---|-------------------------------------|
| 2 cups shredded kale | 2 cups cooked farro |
| 3 tablespoons olive oil, divided | 2 cups roasted winter squash |
| 5 oz tahini dressing | ½ cup crumbled feta cheese |
| Salt and freshly ground pepper | ¼ cup toasted seeds |
| 1 pomegranate | 1 handful mint leaves, torn |


10 minutes active
10 minutes total


Makes 2 servings


Vegetarian


Little Helper Tip
Little ones can help sprinkle the feta and pomegranate seeds

- Place the shredded kale in a bowl, drizzle with 1 tablespoon olive oil, some of the tahini dressing, and a pinch of salt, and toss to coat.
- Use a small knife to score the pomegranate skin around the middle, without cutting into the seeds. Gently tear in half. Hold each half over a medium bowl and tap with a wooden spoon to release the seeds. Discard the skin and white pith and set the seeds aside.
- In a frying pan over medium-high heat, warm 1 tablespoon olive oil. Add the farro and stir to warm through, about 3 minutes. Transfer the farro to bowls and set aside and keep warm.
- Return the pan to the heat, and add another 1 tablespoon olive oil. Add the winter squash and stir until warmed through, 3 minutes. Add the winter squash to the bowls.
- To finish the grain bowls, top with a pile of the dressed kale, and sprinkle with the feta, toasted seeds, and pomegranate seeds. Scatter with the mint leaves and serve warm.

Roasted Brussels Sprouts with Bacon & Wild Mushrooms

For a big, seasonal veggie side, nutty Brussels sprouts and textured wild mushrooms bring a lot to the table—but a crumble of bacon takes it over the top.

- | | |
|---|---|
| 8 oz wild mushrooms | 2 lb Brussels sprouts, cut in half |
| 3 tablespoons olive oil, plus 1 tablespoon | ½ lb bacon ends, chopped |
| 1 tablespoon thyme leaves | ½ lb shallots, sliced |
| Salt and freshly ground pepper | |


20 minutes active
55 minutes total


Makes 8 servings


Omnivore

- Preheat the oven to 425°F. Line 2 sheet trays with parchment or foil.
- To clean the mushrooms, depending on the variety, either brush away any pine needles or grit, or if they have hollow centers, split them in half and quickly rinse to remove any grit inside. Tear or slice the mushrooms into bite-size pieces.
- Pile the mushrooms on one of the prepared pans, drizzle with 3 tablespoons olive oil, sprinkle with the thyme, season with salt, and toss to coat. Pile the Brussels on the other pan.
- In a frying pan over medium heat, warm 1 tablespoon olive oil. Add the bacon ends and sauté until crispy, about 5 minutes. Transfer the bacon to a plate, leaving the fat in the pan. Return the pan to the heat, add the shallots, and sauté until soft, 3 minutes. Add the shallots and bacon fat to the pan with the Brussels sprouts, pouring the bacon fat over, season with salt, and toss to coat. Transfer both pans to the oven and roast until browned, stirring once or twice, 30 minutes.
- Combine the mushrooms and Brussels in a bowl, and toss to combine. Top with the bacon, grind with pepper, and serve warm.

Mizutaki (Japanese Hot Pot) with Chicken & Greens

Janet Nagamine from Hikari Farms likes to sink greens into a simmering hot pot. Feel free to swap out the protein with diced tofu, and add thinly sliced veggies, such as daikon, carrot, cabbage, mushrooms, or nira (garlic chives).

1 quart ramen or chicken broth

2 tablespoons mirin

2 tablespoons soy sauce, plus more

2 teaspoons sugar

4 oz cooked chicken, cubed or shredded

2 bunches mizuna, komatsuna, shungiku, or spinach, chopped

Salt

Grated daikon

Lemon wedges

Sliced negi (Japanese green onions)



20 minutes active

20 minutes total



Makes 2 servings



Omnivore

- 1 In a saucepan over medium heat, combine the broth, mirin, 2 tablespoons soy sauce, and the sugar. Bring to a simmer and turn down the heat to maintain.
- 2 Add the chicken and simmer to warm through, skimming any foam that appears on the surface. Add the greens and simmer until wilted. Season to taste with salt.
- 3 To make a dipping sauce, stir together grated daikon, soy sauce, and a squeeze of lemon to taste.
- 4 Ladle the hot pot into bowls and sprinkle with the negi. Serve warm, dipping the chicken and vegetables into the sauce on the side.



HIKARI FARMS

Watsonville, CA

Hikari Farms is an organic greenhouse operation in Watsonville, CA, that specializes in Asian greens and Japanese cucumbers. Its founder, Akira Nagamine, came to the United States in 1956 with less than \$25 in his pocket and a deep-seated knowledge of farming that could only be learned from generations of farmers before him.

Today, his daughter Janet, a physician, works side-by-side

with her 95-year-old father to preserve the family legacy and stay connected to her cultural heritage. With the help of local organization Kitchen Table Advisors, Janet is facing the challenges of farming head-on, leading her crew into the future while nurturing the same crops grown by generations of Nagamines in Japan, like fresh edamame, daikon, negi (green onions), and rakkyo scallions.



Sweet Crostini with Citrus & Pistachios

Crusty country bread and fluffy ricotta cheese are topped with juicy jewels of seasonal citrus. Easy to toast and assemble, it makes for a sweet and simple snack, app, or side.

1 loaf country bread

**1 tablespoon olive oil,
plus more for brushing**

Salt

1 lb blood oranges

1 lb cara cara oranges

1 ruby grapefruit

12 oz ricotta cheese

Honey (optional)

**¼ cup pistachios,
toasted and chopped**



20 minutes
active

20 minutes
total



Makes 6
servings



Vegetarian



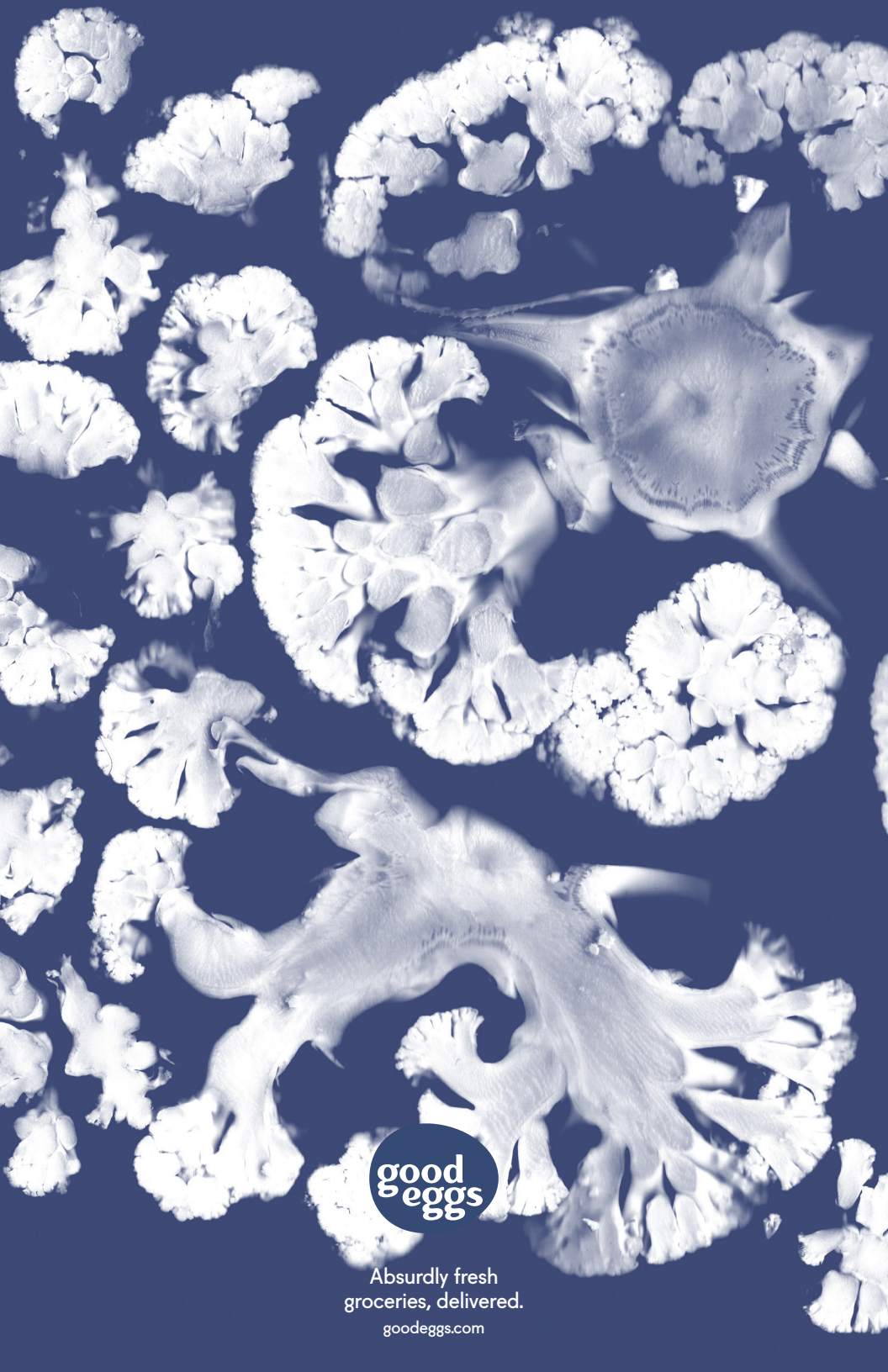
Little Helper
Tip

Little ones
can top the
toast with
the citrus
mixture

- 1 Preheat the oven to 400°F. Line a sheet pan with parchment or foil.
- 2 Slice half of the bread into pieces about ½-inch thick, reserving the rest for another use. Place the 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 Meanwhile, prep the citrus: Cut off the tops and bottoms, then trim away the white pith and peel, starting from the top and following the curve of the fruit. Slice the citrus into rounds or segments. Transfer the citrus and any juices to a bowl, and stir in 1 tablespoon olive oil.
- 4 Spread each piece of toast with a spoonful of ricotta, and top with the citrus mixture. Drizzle with olive oil and honey, if you want more sweetness, and sprinkle lightly with salt. Scatter with the pistachios and serve.



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



good
eggs

Absurdly fresh
groceries, delivered.

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