

## BOK CHOY SALAD

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Baby bok choy salad, julienned  
Terry Farm Asian pear, sliced  
Weiser Farm rainbow carrots, shredded

Toasted almonds, chopped  
Watermelon radishes, sliced

### *Instructions*

Toss all the prepared ingredients in a bowl with the coriander lemon vinaigrette, season with salt and pepper, and enjoy.

## CORIANDER LEMON VINAIGRETTE

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1 ½ Tbsp coriander seeds, toasted, crushed  
¼ cup red wine vinegar  
1 shallot, finely chopped  
2 garlic cloves, minced

½ cup chopped cilantro  
¾ cup extra virgin olive oil  
Salt and Pepper to Taste

### *Instructions*

In a small skillet, toast the coriander seeds until very fragrant, about 2 minutes. Transfer the seeds to a medium bowl and add the vinegar, shallot, garlic and cilantro. While whisking constantly, slowly drizzle in the oil and whisk until emulsified. Season with salt and pepper to taste.

## BLACK BEAN, SWEET POTATO AND SWISS CHARD HASH

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8 ounces your favorite mushrooms  
2 1/2 pounds honeynut or butternut squash, cubed  
1 pound Swiss chard, destemmed, chopped  
1/2 small red onion, julienne

2 garlic cloves, minced  
Fish sauce, to taste  
Black pepper, to taste  
Lime wedges

Place large sauté pan over medium high heat and drizzle with cooking oil. Add onions, squash, mushrooms, and garlic to pan and cook until they begin to brown, stirring throughout to coat. Season with fish sauce and pepper. Once browned, bring the heat down to medium and let cook for about 5-8 minutes, stirring once or twice, until they've softened up.

Add swiss chard, season with pepper and additional fish sauce if needed, mix and cover. Let cook for 2-3 minutes, uncover and stir. (If it's feeling a bit too dry at this point, drizzle a little more olive oil.) Cook for another minute or so until swiss chard is cooked to your liking.

Drizzle with lime juice and serve you favorite way: for breakfast with a poached egg or as a side dish.

## EGGPLANT AND CHICKPEA CURRY

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### *For the Stir Fry:*

3 Tbsp Vegetable or Sesame Oil  
1 whole Yellow Onion, Cut Into Large Chunks  
2 whole colorful Bell Peppers, Seeded And Cut Into Large Chunks  
2 whole Garlic Cloves, Minced  
1 whole Medium Eggplant, Cut into Large Wedges, Grilled  
2 cups garbanzo beans or chickpeas, drained  
Cooked Noodles Or Rice, For Serving  
Sesame Seeds, For Garnish  
Scallions and Vietnamese Herbs, For Garnish

### *For the Sauce:*

1 can Coconut Milk  
2 Tbsp Curry Powder  
1 Tbsp Garlic Powder  
1 Tbsp Onion Powder  
1 Tbsp Salt  
2 tsp Pepper  
1 Tbsp ground Ginger  
1 Lemongrass Bunch/Stalk  
¼ Cup Vegetable Oil  
2 Tbsp Rice Vinegar  
2 Tbsp lime juice  
2 Tbsp Fine Chopped Green Onion  
2 Tbsp Fine Chopped Cilantro

### *Instructions*

In a food processor, mix together all the curry sauce ingredients. Set aside.

Heat the oil in a large skillet over medium-high heat. Add the onion and peppers, and stir, cooking for 2 to 3 minutes. Add the garlic and cook for 30 seconds to 1 minute more, stirring continuously. Add the eggplant and stir it around, cooking it for 2 minutes more. While the veggies are still firm, pour in the sauce.

Stir the veggies in the sauce, cooking for 4 to 5 minutes more, Serve over noodles or rice, with a sprinkling of sesame seeds and scallions.

Tips: Prep all the veggies and make the sauce up to 24 hours ahead of time. Keep in separate containers in the fridge.

## SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

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|-------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Almonds – AVILA & SONS             | <input type="checkbox"/> 1 Asian pear – TERRY RANCH    |
| <input type="checkbox"/> Radishes – ANNA'S FARM             | <input type="checkbox"/> Limes – VALLEY CENTER ORCHARD |
| <input type="checkbox"/> Olive oil – BUON GUSTO             | <input type="checkbox"/> Baby Bok Choy – VANG FARM     |
| <input type="checkbox"/> Eggplant – COUNTRY RHODES FARM     | <input type="checkbox"/> Onion – VANG FARM             |
| <input type="checkbox"/> Bell Peppers – COUNTRY RHODES FARM | <input type="checkbox"/> Garlic – VANG FARM            |
| <input type="checkbox"/> Chard – RANCHO LA FARMILA          | <input type="checkbox"/> Cilantro – VANG FARM          |
| <input type="checkbox"/> Green Onions – SMITH FARMS         | <input type="checkbox"/> Lemon Grass – VANG FARM       |
| <input type="checkbox"/> Garbanzo Beans – SUNCOAST FARM     |                                                        |

*The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.*

