

# EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

[jode@everblossomfarm.com](mailto:jode@everblossomfarm.com)

## SESAME KALE

As I write this, my kitchen is being demolished. This can be hard on a girl who likes to try recipes and then write to you about it. I'll be without a kitchen now for the rest of this season. But worry not, I roasted a squash in my oven right before they yanked it out of the wall and I've got my grilled pizza recipe to keep me busy. As for recipe testing, I've moved to the Branigan kitchen. They made this one for me and it serves up great with ginger glazed fish or chicken. You can substitute the **Swiss chard** in your box this week for the kale.

### Sesame Kale

Serves 4

2 teaspoons olive oil  
1 teaspoon sesame oil  
1 large clove of Everblossom garlic (you know what I'm talkin' about), minced  
1 tablespoon minced fresh ginger, about a 1" piece  
2 bunches kale stems, washed, heavy stems removed, leaves chopped & wet  
1 tablespoon tamari (or regular soy sauce)  
1 tablespoon sesame seeds

Heat the olive and sesame oils in a large sauté pan over medium high heat. Add the garlic and ginger, and sauté for 1 minute, until the garlic just begins to sizzle.

Add the chopped kale with water clinging to leaves and cook for 4 minutes, stirring frequently. Sprinkle some more water or olive oil over the kale if it begins to stick to the pan.

Add the tamari and sesame seeds, and stir together well.

*Kitchen notes:* Tamari is aged soy sauce. It's thick and wonderful like balsamic vinegar is to regular vinegar. Look for it where you buy soy sauce. You can find a ginger root for sale in most produce sections. Store the unused root in a cool dry place, like with your potatoes.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

[FARMERS@EVERBLOSSOMFARM.COM](mailto:FARMERS@EVERBLOSSOMFARM.COM)

717.624.4469