

# clover food lab

Hi there! My name is Emily and I'm the Assistant Director of Food Planning and Supply Chain. That's me welcoming our new industrial printer - our box program has grown so much that we're printing all the inserts in-house now.



I started out at Clover working as a cook - now I help the kitchen team plan "production" - sourcing produce, calculating the amount of food that goes into a recipe, figuring how much Super Bowl food we need to prep, and making sure our menu lines up with what's coming out of the ground.

One of my favorite parts of the job is working with our farmers to source the best local veggies for our menus. **Last year alone we brought in 55,000 pounds of carrots from MA!** While I could talk about our amazing carrots all day - what I'm really here to talk about are brassicas!

**You might be asking "What is a brassica?" But a better question might be "What isn't a brassica?"**

Brassicas are one of the most cultivated families of vegetables in the world. The brassica oleracea family consists of hundreds of vegetables - and all of them are super high in nutritional value. **Some common types of brassicas include kale, collard greens, brussels sprouts, cauliflower, cabbage, mustard greens, arugula, and even radishes and turnips!** At Clover, we utilize brassicas every day, which helps ensure our food is great for you.

I heard that a lot of you were curious about recipes that incorporate veggies without a lot of stress.

One of my all-time favorite Clover recipes (and if you ask Chris he'd agree!) is what we call our **Brassica Bump**. We cook down a leafy local brassica varietal with garlic, onions, and dried ancho chilis to create a rich and savory addition to any meal!

I personally love adding the Bump to my grilled cheeses (Pain D'Avignon sourdough, Grafton cheddar, and braised brassicas - what more do you need?) or stirring them into any pasta dish for that extra boost of greens! We even feature them in our Taco Tuesday boxes alongside our roasted potatoes, pickled peppers, and plantain mangu. You really can't go wrong with brassicas - they elevate any dish and are an easy way to up the veggie content in your meals throughout the week.

I'm sharing our recipe with y'all below so you can enjoy the leafy goodness at home (if you're short on time you can always [order some](#) from us).

*This recipe is scaled from our restaurant quantity and hasn't been tested yet in a home kitchen. If you try it, let us know how it turns out!*

## Brassica Bump

Makes one quart.

- **1 bunch of leafy brassica**
  - (think collard greens, kale, mustard greens)
- **1 clove of garlic**
- **½ an onion**
- **½ cup white vinegar**
- **1 ½ tablespoons salt**
- **1 dried ancho chili**
- **¼ cup olive oil**

1. Slice the garlic and the onion, and remove the seeds from the chili.
2. Add all ingredients \*except the greens\* to a pot and cook to soften, ideally with a pot lid on.
3. Cook over medium heat, stirring periodically.
4. Remove the tough lower part of the stem from the greens (important if you are using collards, or kale - you don't need to if using something like arugula) and cut into  $\frac{3}{4}$  in ribbons.
5. Once the onions are very soft, add the greens and stir in to combine. Place the cover back on the pot.
6. Check the pot occasionally to make sure there is enough liquid. The greens will wilt and release liquid as they cook and you'll always want about  $\frac{1}{4}$  in of liquid cooking with the greens. If there is not enough in the pot you can add a few splashes of water.
7. Cook until the greens are completely wilted and tender, about 30 minutes if using collards but less for brassicas like arugula and mustard greens.
8. Enjoy!

