



The
Good
Eggs

Dozer

VOL. 5
SPRING
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A Spring to Savor

Spring has always been a hopeful season when fresh starts and new beginnings are as plentiful as wildflowers. This year, it takes on even more significance. With the end of the pandemic in sight, we're all looking forward to finally gathering with friends and family to enjoy long, sunny days full of good food. We've got the menu for just such occasions, including lamb burgers, steak tacos, and prosciutto pizza. We also have a fun seasonal cocktail created by a customer! It highlights one of spring's unsung heroes: rhubarb! Asparagus, peas, and a variety of alliums (try green garlic if you haven't already) showcase the abundance of local produce this time of year. Little gem lettuces are in season, too, and our friends at Blue House Farm were kind enough to share a recipe for a quick wedge salad that's delicious and filling. With so many exciting ingredients to cook with and eat, it's time to turn the page on winter and welcome spring with open arms and big appetites.

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

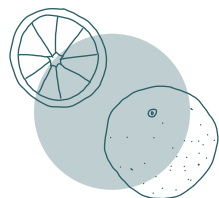
Responsible agriculture practices and animal welfare are essential parts of a sustainable future. We prioritize working with pasture-based systems with meaningful outdoor access that are good both for animals and the environment.

How it's grown

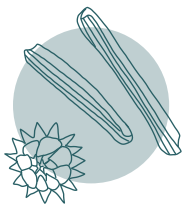
Our roots are in local produce, grown right. Organic fruits and vegetables are our focus when stocking the Marketplace — around 90% of our produce is certified organic. Another 5% is sourced from small producers who meet or exceed those standards but aren't certified.

What's In Season This Spring?

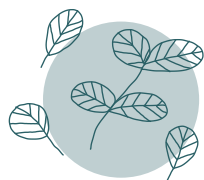
Spring is a symphony of green vegetables, like asparagus, artichokes, fava beans, pea shoots, and ramps — but there are also some splashes of color. Strawberries, cherries, and rhubarb come in various shades of red. Tart grapefruit and kumquats bring warm, orange hues to the table. And don't let the season pass without trying purple kohlrabi and purple sprouting broccoli, which are real standouts, too.



Grapefruit



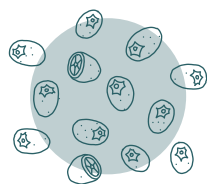
Cardoons



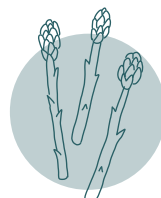
Fava greens



Kohlrabi



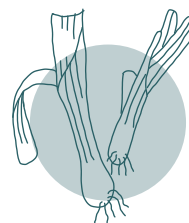
Kumquats



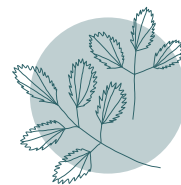
Asparagus



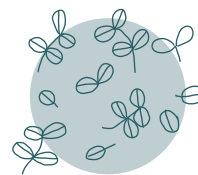
Dandelion greens



Green garlic



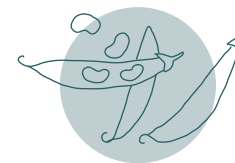
Nettles



Pea shoots



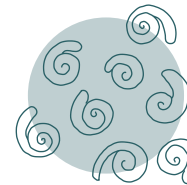
Artichokes



Fava beans



Purple sprouting broccoli



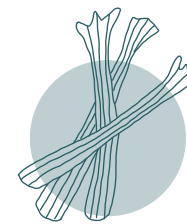
Fiddleheads



Morels



Peas



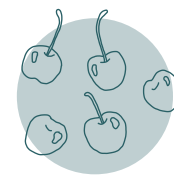
Rhubarb



Strawberries



Ramps



Cherries

Oven-Fried Chicken Tenders with Asparagus & Lemon Aioli

You won't believe these crispy chicken fingers came from the oven. Serve them up with tender asparagus and tangy aioli for an easy weeknight supper.

1 tablespoon vegetable or olive oil, plus more to coat

1 lb boneless, skinless chicken breasts

1 cup panko bread crumbs

¼ cup grated Parmesan cheese

2 tablespoons butter, melted

Salt and freshly ground pepper

2 large eggs

1 bunch asparagus, trimmed

½ cup garlic aioli

Juice of 1 lemon



20 minutes active

30 minutes total



Makes 3 servings



Omnivore

- 1 Preheat the oven to 450°F. Line 2 sheet pans with foil. Coat the sheet pans with vegetable oil.
- 2 Meanwhile, slice the chicken into strips about ½-inch thick. In a bowl, stir together the panko, Parmesan, and melted butter, and season with salt. Crack the eggs into a bowl, season with salt, and beat with a fork. Dredge each chicken strip in the eggs, letting any excess drip back into the bowl. Coat with the panko mixture, pressing gently to help the crumbs stick. Lay the chicken strips on one of the pans.
- 3 Bake until the chicken is crispy and golden on the bottom, 10 minutes. Flip the chicken and continue to bake until golden on the second side, 10 minutes longer. Transfer to a plate lined with paper towels. Season with salt and grind generously with pepper.
- 4 Meanwhile, pile the asparagus on the other pan, drizzle with 1 tablespoon olive oil, season with salt and pepper, and toss to coat. Transfer the pan to the oven and roast until tender-crisp, 8 to 10 minutes.
- 5 In a small bowl, stir together the aioli and lemon juice. Transfer the chicken tenders and roasted asparagus to plates and serve warm, with the lemony aioli for dipping.

Seared Salmon with Crispy Quinoa & Watermelon Radish

For a fresh flip on simple seared salmon, melt a spicy Calabrian chile butter on top, and toss in a refreshing salad full of vibrant watermelon radishes and crispy quinoa.

3 tablespoons Calabrian chile butter

1 or 2 watermelon radishes, thinly sliced

¼ cup red wine vinaigrette

Salt and freshly ground pepper

1 teaspoon vegetable oil, plus 2 tablespoons

1 cup cooked quinoa

1 lb wild salmon

4 oz mixed greens

1 lemon, cut into wedges



25 minutes active

25 minutes total



Makes 3 servings



Pescatarian

- 1 Set the chile butter on the counter and let it start to come to room temperature. Place the radish slices in a large bowl, drizzle with half of the vinaigrette, season with salt and pepper, and toss to combine.
- 2 In a large nonstick frying pan over medium heat, warm 1 teaspoon vegetable oil. Add the quinoa, season generously with salt, and cook, stirring occasionally, until very crunchy, 10 minutes. Transfer to a bowl.
- 3 Meanwhile, remove the salmon from the packaging, cut it into 3 pieces, pat dry with paper towels, and season on both sides with salt.
- 4 Wipe out the frying pan, return it to medium-high heat, and warm 2 tablespoons vegetable oil. Add the salmon, skin-side down, and cook until the skin is crispy and the flesh is mostly cooked through, 3 minutes. Flip and continue cooking until nearly firm or done to your liking, 30 seconds longer for medium-well. Transfer the salmon to plates and spread with the chile butter.
- 5 Add the crispy quinoa and greens to the radish slices, drizzle with the remaining vinaigrette, season with salt and pepper, and toss to combine. Heap the salad alongside the salmon and serve warm, with the lemon wedges for squeezing.

Lamb Burgers with Baby Kale & Pickled Onions

These fresh burgers feature juicy lamb and a tangle of baby greens and pickled onions. Just sear, stack, and take a big bite

- 1 lb spiced ground lamb
- 4 oz pre-washed baby kale
- ¼ cup tahini dressing
- 1 tablespoon olive oil, plus more for drizzling
- Salt
- 4 brioche burger buns
- ½ cup pickled onions


15 minutes active
15 minutes total



Makes 4 servings



Omnivore

- Using clean hands, shape the lamb to form 4 patties, and set them on a plate near the stove.
- Place the baby kale in a bowl, add the tahini dressing, drizzle with olive oil, season with a pinch of salt, and toss to coat.
- In a cast-iron skillet or frying pan over medium-high heat, warm 1 tablespoon olive oil. When searing hot, add the lamb patties and cook until browned on the first side, 4 to 5 minutes. Flip and continue to cook until done to your liking, 3 to 4 minutes longer for medium. Transfer the patties to a plate and keep warm.
- Wipe out the pan and return it to the heat. Add the burger buns, cut-side down, and toast to warm, 1 minute.
- Place the buns on plates and stack with the patties. Top with the dressed kale and pickled onions and serve warm.

Brined Pork Chop with Cherries & Farro

A big, juicy chop is a sweet match for any kind of stone fruit. Fan a few slices over chewy farro, and top with dark cherries and bright herbs.

- 1 brined pork chop (about 1 lb)
- 1 tablespoon olive oil, plus 1 tablespoon
- 2 cups sliced red onion
- Salt
- 1½ cups pitted cherries
- 1 handful chopped parsley leaves
- 1 small clove garlic, finely chopped
- Juice of ½ lemon
- 2 cups cooked farro


20 minutes active
40 minutes total



Makes 3 servings



Omnivore

- Preheat the oven to 425°F. Remove the pork chop from the brine and pat dry with paper towels.
- In a cast-iron skillet or ovenproof pan over medium-high heat, warm 1 tablespoon olive oil. Add the pork chop and sear until browned on the first side, about 5 minutes. Flip the pork chop, add the red onion to the pan, and season the red onion with salt. Transfer the pan to the oven and roast until the pork is firm to the touch or a meat thermometer registers 135°F when inserted into the thickest part, 25 to 30 minutes. Transfer the pork chop to a cutting board to rest, 5 minutes.
- Meanwhile, in a bowl, combine the cherries, parsley, and garlic. Drizzle with the lemon juice and 1 tablespoon olive oil, season with salt, and toss to coat.
- While the pork is resting, return the pan to low heat. Add the farro, stirring to combine and warm through, 2 minutes. Season with salt to taste. Thinly slice the pork across the grain.
- Spoon the farro onto plates, with the sliced pork on the side. Top with the cherry mixture and serve warm.

Choosing the Right Vinegar

Apple Cider Vinegar

Tart and fruity — pairs well with pork.

Pickling Brines



Dressings



Sauces/Marinades



Finishes

Balsamic Vinegar

Sweet, smoky, fruity, and funky — the king of complexity.



Cabernet Sauvignon Vinegar

Full-bodied and punchy — sprinkle on sautéed greens.



Champagne Vinegar

A subtle sweetness best suited to delicate dishes.



Chardonnay Vinegar

Robust, oaky, and able to stand up to bold flavors.



Red Wine Vinegar

Has the tannic quality of red wine, but still relatively mild.



Rice Vinegar

Mild and sweet — a pillar of Japanese and Chinese cuisine.



White Vinegar

Harsh and flavorless (besides its acidity), but good for pickling and cleaning.



White Wine Vinegar

Sweeter and softer than its red counterpart.

Minted Spring Salad with Asparagus & Peas

Tender spring veggies bring bright-green color and tender-crisp texture to this gorgeous salad. Toss them with a zippy lemon vinaigrette and scatter with fresh mint.

Salt and freshly ground pepper

2 oz pea shoots

1 lb asparagus, trimmed and cut into bite-size pieces

1 cup chopped mint leaves

1/3 cup Meyer lemon vinaigrette

1 lb sugar snap peas, trimmed and cut into bit-size pieces

3.5 oz feta cheese, crumbled



20 minutes active

20 minutes total



Makes 6 side servings



Vegetarian

- 1 Bring a large pot of salted water to a boil. Add the asparagus and sugar snaps to the boiling water and blanch until bright green and tender-crisp, 2 to 3 minutes. Drain the vegetables and rinse under cold water until cool, to help preserve the color and stop the cooking.
- 2 Transfer the vegetables to a large bowl or platter. Add the pea shoots and mint, drizzle with the vinaigrette, season with salt and pepper, and toss to coat. Sprinkle with the feta, grind with pepper, and serve.

Farro Grain Bowls with Roasted Carrots & Crispy Chickpeas

Roasted chickpeas get crispy in the oven and delightfully chewy as they cool. Amp up the sweetness of carrots with fragrant cumin, and drizzle it all down with a creamy green sauce.

1 bunch rainbow carrots, trimmed and halved lengthwise

1 teaspoon ground cumin

2 cups cooked farro

1 tablespoon olive oil, plus 1 tablespoon

1 avocado, peeled, pitted, and sliced

Salt and freshly ground pepper

2/3 cup aji verde (Peruvian green sauce)

1 can (15 oz) chickpeas, rinsed and drained

1 handful cilantro leaves

1/4 cup toasted seeds



15 minutes active

35 minutes total



Makes 3 servings



Vegetarian

- 1 Preheat the oven to 400°F. Line 2 sheet pans with parchment or foil.
- 2 Pile the carrots on one of the prepared pans, drizzle with 1 tablespoon olive oil, season with salt and pepper, and toss to coat.
- 3 Pat the chickpeas dry with a clean towel. Pour the chickpeas on the other pan, drizzle with 1 tablespoon olive oil, sprinkle with the cumin, season with salt, and toss to coat.
- 4 Transfer both pans to the oven and roast until the carrots are tender and the chickpeas are golden and crispy, 20 to 30 minutes, stirring the chickpeas halfway through.
- 5 Reheat the farro in the microwave until warmed through, 1 to 2 minutes.
- 6 To build the bowls, heap the farro and chickpeas in bowls, and top with the roasted carrots and sliced avocado. Drizzle with the aji verde, scatter with the cilantro leaves, sprinkle with the toasted seeds, and serve warm.



Roast

Roasting brings out the best of carrots. The hot oven teases out their natural sweetness and imparts a golden-brown crust on the edges.

**1 bunch carrots,
cut into bite-size pieces**

2 tablespoons olive oil

Salt and freshly ground pepper

1 handful thyme leaves

Preheat the oven to 425°F. Line a sheet pan with parchment or foil.

Pile the carrots 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 the carrots are tender and beginning to brown, 20 to 25 minutes.

Transfer the roasted carrots to a platter. Sprinkle with the thyme leaves, grind with pepper, and serve warm.

Tip: Make a big double batch of roasted carrots and add them to salads and grain bowls for quick meals throughout the week.



Glaze

Why simply steam when you can transform carrots with a gorgeous glaze? This classic preparation showcases carrots at their sweet peak in the spring months.

2 tablespoons butter

1 bunch carrots, sliced into coins

½ teaspoon sugar

Salt and freshly ground pepper

1 tablespoon fresh lemon juice

In a large sauté pan over medium-high heat, melt the butter. Add the carrots, sugar, and ¼ cup water, and season with salt and pepper. Cover the pan and cook, stirring occasionally, until the carrots are tender and the liquid has nearly evaporated, 5 to 7 minutes.

Transfer the glazed carrots to a bowl, drizzle with the lemon juice, and serve warm.

Tip: Recruit your little ones to help with carrot prep! Tiny cooks can help scrub and peel carrots.



Raw

A vegetable peeler makes short work of sturdy carrots, shaving thin ribbons to create a surprisingly easy and elegant spring salad.

1 bunch rainbow carrots

Juice of 1 lemon

1 tablespoon olive oil

Salt and freshly ground pepper

1 handful chopped parsley leaves

Using a vegetable peeler, shave the carrots lengthwise into long ribbons.

Transfer the carrot ribbons to a bowl, drizzle with the lemon juice and olive oil, season with salt and pepper, and toss to coat.

Heap the carrot ribbons onto plates, sprinkle with the parsley, and serve.

Tip: For extra curly-crispy carrot ribbons, dunk them in a bowl of ice water while you prepare the rest of the salad.

ONE INGREDIENT, THREE WAYS

How to Prep Carrots

Crunchy and sweet, the trusty carrot is exceptionally snappy in spring. These roots hold up beautifully whether you roast them in a hot oven, cloak them in a sweet glaze on the stove, or shave them into ribbons for a curly salad.

Each recipe makes
3 side servings

Steak Tacos with Charred Spring Onions

Fold flavorful grass-fed steak into soft flour tortillas, along with sweet and charred spring onions, and a dollop of thick avocado crema.

- 1 bunch spring onions
- 1 lb grass-fed carne asada steak
- 1 tablespoon adobo seasoning
- Salt
- 3 tablespoons olive oil, plus 1 tablespoon
- 6 small flour tortillas
- 2/3 cup avocado crema
- 1 handful cilantro leaves
- 1 lime, cut into wedges



- 1 Trim the spring onions, and cut them lengthwise into halves or quarters, depending on size. Remove the steak from the packaging and pat dry with paper towels. Sprinkle generously with the adobo seasoning and season with salt on both sides.
- 2 In a cast-iron skillet or ovenproof pan over medium-high heat, warm 3 tablespoons olive oil. Add the spring onions (it's okay if they don't totally fit, the tops will wilt down), and sear until they begin to char, 3 to 5 minutes. Flip the spring onions and sear on the other side, 2 to 3 minutes. Transfer to a board and season lightly with salt. When cool enough to handle, roughly chop.
- 3 Wipe out the pan, return it to medium-high heat, and warm 1 tablespoon oil. When the pan is searing hot, add the steak and cook until browned on the first side, 2 to 3 minutes. Flip and continue to cook until done to your liking, 1 minute longer. Transfer the steak to a cutting board to rest, 5 minutes. Roughly chop the steak.
- 4 Meanwhile, 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.
- 5 To build the tacos, place the tortillas on plates, and fill with the carne asada and charred spring onions. Drizzle with the avocado crema, scatter with the cilantro leaves, and serve warm, with the lime wedges for squeezing

Chicken Gyoza with Sautéed Greens

Get your dumpling fix at home with this gingery filling and ready-to-wrap fresh dough. Pinching them together is a fun project, and the bottoms are incomparably crispy when they're fresh from the pan.

- 1 package gyoza wrappers (about 20 wrappers)
- 1 lb ginger chicken mix
- 1 tablespoon vegetable oil, plus 1 tablespoon
- 2 bunches Asian greens, such as mizuna or tatsoi, roughly chopped
- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 1/2 teaspoon sesame oil
- 2 cloves garlic, chopped
- 1 handful sliced green onions



- 1 To make the dumplings, place a wrapper on a work surface. Place a spoonful of the ginger chicken in the center. Dip your finger into water and wet the outer edge of the wrapper. Fold the wrapper in half and pinch to seal. You can either fold it over simply to make a half moon, or crimp the edges, stand it upright, and curve it into a crescent, if you're a dumpling pro. Repeat with the remaining wrappers and filling.
- 2 In a nonstick frying pan over medium heat, warm 1 tablespoon vegetable oil. Add the dumplings and cook undisturbed until browned on the bottom, 2 to 3 minutes. Add 1/2 cup water, cover the pan, and steam until the water is nearly gone and the wrappers are soft and the filling is firm, 3 to 4 minutes. Remove the lid and continue to cook until crisp, 1 to 2 minutes longer. Transfer the dumplings to a plate.
- 3 Wipe out the pan, return it to medium heat, and warm 1 tablespoon vegetable oil. Add the greens and sauté until just wilted, 1 minute.
- 4 To make the dipping sauce, in a small bowl, stir together the soy sauce, rice vinegar, sesame oil, garlic, and half of the green onions.
- 5 Transfer the dumplings and greens to plates, and scatter with the remaining green onions. Serve warm, with the dipping sauce on the side.

Rhubarb Gin & Tonic

Sweet-tart rhubarb sings out in this bright cocktail, bouncing off the juniper flavors of the gin, and taking the classic into spring.



In a cocktail glass, add the gin, rhubarb-cinnamon syrup, and lemon juice, and stir to combine. Fill the glass with ice, top off with tonic, and serve cold.

Rhubarb-Cinnamon Syrup

2 stalks rhubarb, roughly chopped

1 cup sugar

1 stick cinnamon

In a saucepan over medium-high heat, combine the rhubarb, sugar, cinnamon, and 1 cup water. Bring to a boil, turn down the heat to maintain, and cook until the sugar has completely dissolved, 3 minutes. Remove from the heat. Let steep and cool to room temperature. Strain the rhubarb-cinnamon syrup into a jar and store in the refrigerator.

Green Pizza with Peas, Ricotta & Prosciutto

It's easy being green when you start with a shaped pizza crust and a bright and beautiful pesto. Load it up with fresh shoots, creamy cheese, and salty prosciutto.

1 par-baked pizza crust

1/2 cup pistachio pesto

1 cup shelled English peas

Salt and freshly ground pepper

8 oz ricotta cheese

1 handful pea shoots

1 lemon

Olive oil

2 oz prosciutto

Grated Parmesan cheese (optional)



10 minutes active

25 minutes total



Makes 3 servings



Omnivore

- 1 Preheat the oven to 450°F. Make sure the rack is in the center of the oven. Place an empty sheet pan below (to catch any drips from the cooking pizza).
- 2 Remove the pizza crust from the package, but leave it on the cardboard. Sprinkle lightly with water around the edges. Using a spoon, spread the pesto on the crust. Scatter the peas over the top. Season with a pinch of salt. Shimmy the pizza from the cardboard directly onto the oven rack and bake until the edges are browned and crispy, 12 to 14 minutes.
- 3 Using a clean towel or the cardboard, transfer the pizza to a cutting board. Dollop with the ricotta and scatter with the pea shoots. If you have a grater, shower with lemon zest. Add a squeeze of lemon juice, drizzle lightly with olive oil, and season with a pinch of salt and a few grinds of pepper.
- 4 Drape pieces of prosciutto over the top and sprinkle with Parmesan, if using. Cut the pizza into slices and serve warm.

Little Gem Wedge Salad with Bacon & Blue Cheese

For a refresh on the classic wedge salad, reach for cute little gem lettuces, fully loaded with crispy bacon, crumbled blue cheese, hard-boiled eggs, and creamy ranch.

3 large eggs

8 oz bacon ends, roughly chopped

1 shallot, thinly sliced

2 tablespoons red wine vinegar

Salt and freshly ground pepper

1 lb little gem lettuces

Olive oil

$\frac{2}{3}$ cup yogurt ranch dressing

2.5 oz blue cheese crumbles

$\frac{1}{2}$ bunch radishes, trimmed and thinly sliced



25 minutes active

25 minutes total



Makes 3 servings



Omnivore

- 1 Bring a pot of water to a simmer. Gently add the eggs and cook until hard-boiled, 11 minutes. Using a slotted spoon, transfer the eggs into a bowl of cold water. When the eggs are cool enough to handle, peel and chop.
- 2 Warm a sauté pan over medium-low heat. Add the bacon ends and fry until crispy, 5 minutes. Transfer the bacon to a plate lined with paper towels.
- 3 In a small bowl, toss the shallot with the red wine vinegar and a pinch of salt. Trim off the base of the little gems and cut them into wedges.
- 4 Arrange the lettuce wedges on a platter or individual plates. Season with salt, drizzle with olive oil, and spoon the ranch dressing over the top. Sprinkle generously with the pickled shallots, bacon ends, hard-boiled eggs, blue cheese, and radishes. Season again with salt and pepper and serve.



Pescadero, CA

Blue House Farm recognizes and nourishes the connection between good food, the natural world, and the local community. They are situated at the end of a small, coastal agricultural valley in Pescadero, California, and nestled on three sides by rolling hills, redwood forests, a natural year-round creek, coastal prairie, and nearby wild ocean beaches.

They grow an incredible diversity of certified organic vegetables, fruits, and cut flowers year-round on more than 70 acres. Now in their 16th year, they proudly supply their farmers' markets, farmstand, u-pick, and wholesale accounts with some of the highest-quality produce available.

Lemon-Ricotta Pancakes with Strawberry Quick Jam

Creamy ricotta makes these pancakes extra moist and fluffy. Topped with a quick jam of fresh strawberries, your weekend pancakes just got a serious upgrade.

1 lb strawberries, hulled and halved or quartered

2 tablespoons sugar, plus ¼ cup

Salt

½ cup all-purpose flour

2 teaspoons baking powder

1 cup milk

¾ cup ricotta cheese

3 large eggs

1 tablespoon melted butter, plus more for greasing

Zest of 1 lemon (optional)

Juice of 2 lemons

Maple syrup or powdered sugar



30 minutes active

30 minutes total



Makes 4 servings



Vegetarian

- 1 In a saucepan, combine the strawberries, 2 tablespoons sugar, 3 tablespoons water, and a pinch of salt. Bring to a boil over medium heat and cook, stirring occasionally, until the berries break down and the liquid thickens slightly (it will continue to thicken as it cools), about 10 minutes.
- 2 Meanwhile, in a bowl, whisk together the flour, ¼ cup sugar, the baking powder, and ½ teaspoon salt. In a separate bowl, whisk together the milk, ricotta, and eggs. Stir in the melted butter and the lemon zest, if you want extra lemony flavor, and the lemon juice. Add the wet ingredients to the dry ingredients and whisk until just combined.
- 3 Warm a nonstick frying pan over medium heat, and grease with butter. For each pancake, pour about ⅓ cup batter into the pan, and cook until golden, 3 to 5 minutes per side.
- 4 Transfer the lemon-ricotta pancakes to plates, and top with more butter and the strawberry quick jam. Drizzle with maple syrup or sift with powdered sugar, if you want more sweetness, and serve warm.

You didn't think we forgot something sweet, did you?





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Absurdly fresh
groceries, delivered.
goodeggs.com