



## Siskiyou Sustainable Cooperative CSA: Farm to Table

### *Week One: June 10 – 17, 2010*

Chard (mini, small large)- Barking Moon Farm  
Salad Mix (mini, small, large)- Barking Moon Farm and Seven Seeds Farm  
Turnips (mini, small, large) – Barking Moon Farm  
Herbs (mini, small large)- White Oak Farm, Earth and Sky Farm, Dancing Bear Farm  
Onions (mini)- White Oak Farm  
Kale (small, large)- White Oak Farm, Dancing Bear Farm and Luna Farm  
Spinach (small, large)- Barking Moon Farm  
Lettuce (small, large)- Barking Moon Farm and Luna Farm  
Leeks (small, large)- Barking Moon Farm  
Cilantro (small, large)- Barking moon Farm  
Garlic scapes (small)- Seven Seeds Farm and White Oak Farm  
Green garlic (large)- Earth and Sky Farm  
Radishes (large)- Dancing Bear Farm  
Romaine hearts (large)- Barking Moon Farm

### *Leek & Chard Gratin*

2 bunches of chard, incl. half of the stems	1 bunch of leeks, green parts removed
5 tbsp. butter or olive oil	1 onion, minced
sea salt and pepper	1 tbsp. flour
3 tbsp. chopped parsley	1 C milk, cream or stock or a mixture
1 C bread crumbs (make your own by ripping up a few pieces of stale or toasted bread)	
2 garlic cloves, minced(or substitute a few garlic scapes, finely diced)	6 ounces crumbled goat chevre or 1 C grated cheddar

Preheat oven to 400F and lightly oil a 2-quart baking dish. Coarsely chop the chard leaves but pay more attention to finely chopping the stems. Thoroughly wash the leeks in cold water and chop them into ½ inch medallions. Melt 3 tbsp. butter or olive oil in wide skillet over medium heat. Cook onion, leeks and chard stems, stirring occasionally, until onion begins to brown. Add the chard leaves, sprinkle with salt, and cook until wilted and tender, about 10 minutes. Melt 1 tbsp. butter in a small skillet and add the bread crumbs, garlic, and parsley. Cook, stirring for about a minute, then scrape the crumbs into a bowl and return the pan to the heat. Melt the last tbsp. of butter, stir in the flour, and whisk in the milk (or whatever liquid you choose). Simmer 5 minutes and add to the chard mixture. Add the cheese, correct for salt, and season with pepper. Pour into the prepared dish and cover with the bread crumbs. Bake until heated through and golden on the surface, about 25 minutes. Let dish cool a few minutes before serving.



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### *Braised Mixed Greens and Garlicky Beans on Toast*

adapted from Deborah Madison's [The Greens Cookbook](#)

1 small onion, finely diced	1 tbsp. olive oil, plus extra for finishing
1 pound greens	2 plump garlic cloves, 1 slivered, 1 halved
sea salt and freshly ground pepper	1 1/2 cups cooked cannellini beans
a handful each of chopped cilantro and parsley	
3 to 4 slices chewy country bread shaved Parmesan cheese or crumbled Gorgonzola	

Heat the oil in a large skillet or Dutch oven. Add the onion and cook over medium-high heat, stirring occasionally. Once the starts to soften a bit, after 3 to 4 minutes, add the slivered garlic. Cook a minute more, and then add the greens and any herbs. Season with 1/2 tsp. salt. As the greens cook down, turn them in the pan to bring the ones on top closer to the heat. Once they've all collapsed, add 1/2 cup water or bean broth, lower the heat, and cook, partially covered, until tender. Depending on the greens you've chosen, this could take as little as a few minutes or as long as twenty. Just make sure there's some liquid in the pan, for in the end you'll want a little sauce. When the greens are done, add the beans, heat them through, then taste for salt, and season with pepper. Toast the bread and rub it with halved garlic. Arrange on plates and spoon the greens and beans over the top. Drizzle extra olive oil on top. Garnish with the cheese and serve.

### *Kiss Me Tomorrow Salad Dressing*

1 cup mayonnaise	3 anchovy fillets, minced
1 chopped scallion	2 tbsp. chopped fresh parsley
2 tbsp. chopped fresh thyme	1 tsp. chopped rosemary
1 tbsp. white wine vinegar	1 tsp. chopped fresh tarragon
6 cloves garlic	Salt and pepper

Purée all ingredients in a food processor until smooth. Season with salt and pepper.

### *Romaine and Gorgonzola Salad with Roasted Garlic Dressing and Pecans*

Bon Appétit | October 2000

6 tbsp. olive oil	10 large garlic cloves, unpeeled
2 tsp. Honey	2 tbsp. apple cider vinegar
2 tbsp. apple cider	8 cups bite-size pieces romaine lettuce (1 large head)
1 tbsp. Dijon mustard	a generous handful of pecans
1 cup crumbled Gorgonzola cheese	

Preheat oven to 350°F. Toss oil with garlic in small baking dish. Cover dish tightly with foil. Bake until garlic is golden and tender, about 45 minutes. Cool. Squeeze garlic from skins. Reserve oil. Transfer roasted garlic to processor. Add honey, vinegar, cider and mustard and blend well. With processor running, slowly add reserved garlic oil. Season dressing to taste with salt and pepper. Toss lettuce with 1/2 cup Gorgonzola cheese and enough dressing to coat. Sprinkle with remaining 1/2 cup cheese and pecans and serve.



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### *Braised Turnips with Poppy-Seed Bread Crumbs*

Gourmet | February 2008 by Farid Zadi

Turnips are appreciated in Algeria not only for their faithful ubiquity but also for how their characteristics change throughout the winter—sweet and mild at the beginning and assertively earthy toward the end. Here, to emphasize their natural nuttiness and complexity, they're gently glazed with butter, then sprinkled with garlicky toasted bread crumbs and abundant poppy seeds.

#### **For turnips**

3 tbsp. unsalted butter      1 1/2 cups water  
2 pounds turnips, peeled and cut into 1-inch-thick wedges      1 tbsp. lemon juice

#### **For bread crumbs**

2 tbsp. extra-virgin olive oil      1 garlic clove, minced  
1 cup fine fresh bread crumbs from a baguette      1 tsp. poppy seeds  
1 tbsp. chopped flat-leaf parsley      1 tsp. chopped sage

**Braise turnips:** Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 tsp. salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape). **Make bread crumbs while turnips cook:** Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 minute. Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.

### *Moroccan Meatballs*

1 pound ground beef or bison      1/3 cup coarsely grated onion  
1/3 cup panko (Japanese breadcrumbs)      1/4 cup chopped fresh cilantro  
1 large egg, beaten to blend      3 garlic cloves, minced  
1 1/2 tsp. Turmeric      1/2 tsp. cayenne pepper  
1/2 tsp. ground cinnamon      1/2 tsp. ground nutmeg  
1/2 tsp. freshly ground black pepper      1/2 tsp. coarse kosher salt  
1/4 tsp. ground ginger      2 tbsp. olive oil

Gently mix all ingredients in large bowl. Using moistened hands and scant 2 tablespoonfuls for each, roll meat mixture into 1 1/2-inch meatballs. Heat oil in heavy large skillet over medium heat. Add meatballs; sauté until brown and cooked through, turning often to hold shape, about 15 minutes.