



Siskiyou Sustainable Cooperative CSA: Farm To Table

Week Three: June 24- June 1st, 2010

Carrot and Ginger Soup

6 tbsp. (3/4 stick) unsalted butter	1 onion, chopped
1/4 up. finely chopped ginger root	7 cup water or stock
1 cup dry white wine	Salt & ground pepper
1 bunch carrots, peeled, cut into 1/2" pieces	2 tbsp. fresh lemon juice
Pinch curry powder	

Melt butter in large stock pot over medium heat. Add onion and ginger; saute for 15-20 minutes. Add the stock or water, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes. Puree the soup in a blender or processor (fitted with steel blade). Season with lemon juice, curry powder, salt and pepper to taste. Serve hot or cold.

Mixed Green Salad with Carrots and Peas

3 carrots, shredded	2 tablespoons rice vinegar
3 tablespoons cold water	2 tablespoons miso
1/2-inch piece fresh ginger, peeled and cut into small pieces	Freshly ground black pepper
6 tablespoons vegetable oil	5 cups salad mix, lettuce or spinach
1 cup sugar snap peas	1/2 cup roasted, salted peanuts, chopped

To make the vinaigrette, place carrots, rice vinegar, water, miso, ginger and pepper in a blender or food processor. Blend until a thick paste is achieved, scraping down sides of bowl often. Add oil in a thin steady stream, blending to combine. Taste and adjust seasoning, adding more miso or pepper to taste. Water can be added if a thinner consistency is desired. Add the sugar snap peas to boiling water and cook until just crisp-tender, 1 to 2 minutes. Transfer peas to a bowl of ice cold water to stop the cooking. Drain peas, then toss with greens in a large bowl. Drizzle with the vinaigrette. Sprinkle with crushed roasted peanuts.

Pea and Cabbage Slaw

1/2 pound peas	1 head shredded cabbage
2 carrots, shredded	1/2 onion, chopped
1 tablespoon lemon juice	1 tablespoon rice wine vinegar
3 tablespoons olive oil	

In a large pot of boiling water, blanch peas 15 seconds, strain and transfer to a bowl of cold water to chill. Drain and slice thin. In a large bowl, combine the peas, cabbage, carrots, onion, lemon juice, vinegar and olive oil. Add salt and pepper to taste; toss and serve chilled.

Roasted Fennel Recipe

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced, Olive oil, Balsamic vinegar
Preheat oven to 400°F. Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat. Line baking dish with aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.



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Kale and Ricotta Salad

From epicurious.com

2 tablespoons finely chopped green garlic

1/4 teaspoon salt

4 1/2 tablespoons extra-virgin olive oil

1 bunch kale, stems and center ribs discarded

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon black pepper

2 oz. coarsely grated ricotta salata

Working in batches, cut kale crosswise into very thin slices.

Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well.

Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

Arugula Pesto

2 cups of packed arugula leaves, stems removed

1/2 cup fresh Parmesan cheese

1 head green garlic

1/2 cup of walnuts

1/2 cup extra virgin olive oil

Brown green garlic in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool. Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor.

Combine the arugula, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Mix with freshly prepared pasta of your choice. You may need to add a little bit of water or more olive oil to mix the pesto more evenly with the pasta.

Makes enough pesto sauce for an ample serving of pasta for four people.

Make Your Own Green Smoothie Recipe

The best green smoothie recipe is the one you make yourself. It's very easy and the options are endless. Just have a ration of about 50% fruits and 50% vegetables and your smoothie will always be delicious. If not sweet enough, add some liquid. You'll hardly taste the vegetables.

1 bunch green leafy vegetable of choice (50% of total) Fruit of choice (50% of total) 1-2 Bananas or 1 avocado to emulsify (make creamy) ginger, lemon, parsley or, stevia to taste

Put all ingredients in your blender. Add clean water to cover all ingredients. Blend. Drink immediately.