

Recipe Page

June 9th, 2005- Week 1

What's in Your Box this Week?

Lettuce (Root Down Farm and Dancing Bear Farm).

Radishes (Seven Seeds Farm) - best to slice up and eat with salt.

Plain goat chevre (Boones Farm) - this is a special treat from Boones farm. You can still order a share for the season- see the newsletter announcements for more info.

New potatoes (L&R Family Farm)- these are the first potatoes of the year. Serve them hot with butter and chevre.

Herb bunches (Riverwood Island Farm)- bay, rosemary, oregano, thyme and sage. You can hang these up in your kitchen to dry and use as needed.

Kale (Boones Farm and L&R Family Farm)- use recipe or just saute in butter or olive oil, with a little balsamic vinegar, soy sauce or tamari

Beets (Wolf Gulch Farm)- there are three types of beets in your box- dark red, chioggia (striped inside) and golden. Use them the same way- cut in slices, and either steam or saute them, or grate them into a salad. Don't forget to eat the greens, too.

Green garlic (Boones Farm and L&R Family Farm)- this is early garlic that can be used like mature garlic. The taste is milder.

Garlic scapes (Seven Seeds Farm)- these are the curly tops of garlic. You can stirfry them or eat them raw in salads.

Bok choy for small shares (Root Down Farm)- this is a type of Chinese cabbage. You can stirfry these or eat them in salads. Farmer Pukha prefers to eat bok choy raw.

Cabbage for large shares (Root Down Farm)- great in coleslaws or sauted.

Chard for large shares (Seven Seeds Farm)- chard can be used to replace spinach in any recipe.

Garlic Scape Pesto

1/2 lb. organic scapes (chopped into 1" sections)
1 c. organic olive oil
2 c. grated parmesan cheese

In a blender, combine the scapes and olive oil. Pour mixture into bowl and blend the cheese in by hand.

Lettuce and Radish Salad

1 lettuce head
2 tbl olive oil
Salt to taste
1/2 bu radishes thinly sliced
2 tbl white wine vinegar
Freshly-ground black pepper to taste

Combine the lettuce and radishes in a large bowl. Drizzle them with the oil and vinegar and toss. Season to taste with the salt and pepper.

Baked Curly Kale with Potatoes and Olives □

Ingredients :

1 1/2 lb Curly kale
1 1/2 lb Small potatoes
20 x Oil-cured black olives
3 tbl Olive oil
2 lrg clv garlic, chopped
1/2 cup Water
1/4 cup Vermouth
Pepper
Lemon wedges

1. Preheat oven to 350 degrees F. Wash kale in plenty of water, lifting out gently so debris sinks. Drain. Strip out heaviest stems; do not bother to remove smaller ones. Bunch or stack kale and cut into 1-inch slices. Scrub potatoes. Halve, then cut into 1-inch slices. Halve and pit olives.
2. Heat 2 tablespoons oil in large casserole. Add garlic and stir over low heat until lightly colored. Add potatoes and toss. Add kale, olives, water, and vermouth. Bring to a boil.
3. Cover tightly, set in oven, and bake until potatoes are just barely tender, about 40 minutes, shaking or stirring occasionally.
4. Add olive oil to taste. Serve hot or at room temperature, with pepper and lemon.

Chevre & Chive Mashed Potatoes

Ingredients

2 lb small potatoes;
1 pn salt
1 c milk; or half and half
3 tb butter
1 ts salt
1/4 ts white pepper
4 oz chevre cheese
2 tb chives; snipped
1/3 c Kalamata olives; pitted & -chopped

1. Place potatoes in a very large pot and cover with water at least 3 inches above potatoes. Add a big pinch of salt. Bring to a boil, then reduce heat and cook on a low boil until fork-tender, about 20 to 30 minutes. Test potatoes to be sure they're tender all the way through.
2. Meanwhile, combine the milk and butter in a small pan over low heat. Heat until the butter is melted and the milk is warm. Do not boil.
3. When potatoes are cooked, quickly drain them well in a large colander, then return them to the pot. Shake pot over low heat about 30 seconds to

Borscht

Ingredients:

8 oz cooked beetroot, peeled and cut into small strips
12 oz cabbage, shredded
12 oz potatoes, peeled and diced
1 large onion, peeled and finely chopped
1 teaspoon of caraway seeds
2 1/2 pints of chicken or vegetable stock
1 tablespoon of vinegar
salt and freshly ground pepper
some sour cream

1. bring stock, vinegar and beetroot to the boil and let it simmer gently for 20 - 30 minutes
2. add the cabbage, potatoes, onion and the caraway seeds, let it simmer for 20 - 30 minutes
3. check seasoning
4. serve with sour cream on top

dry out any remaining water.

Remove from the heat and add the hot liquid mixture. (Both the potatoes and the liquid must be hot.) With a heavy-duty whisk or masher, mash the potatoes. Then add the salt, white pepper and chevre; whip/mash up the potatoes till they are fluffy.

4. Mix in the chives and mound potatoes in a large warm bowl. Sprinkle with chopped kalamata olives if desired.