

Recipe Page

June 23rd, 2005- Week 3

What's in Your Box this Week?

Lettuce (Seven Seeds Farm)

Carrots (Wolf Gulch Farm)- Grate into salads, slice up to munch on or cut up and add to almost any cooked dish.

Walla Walla Onions (Seven Seeds Farm and L & R Family Farm)- Slice up for salads or sandwiches, or use in your favorite recipes.

Cherries (Rolling Hill Farm)

Cauliflower for small shares in Ruch, Medford (Wolf Gulch Farm)- Eat raw, or steam and drizzle melted cheese over it. The slight pinkish hue is actually the normal color of cauliflower. Store bought cauliflower is "blanched" during cultivation- it's leaves are pinned over the head to keep it perfectly white.

Cabbage for small shares in Jacksonville, Ashland, Grants Pass, Williams, Wolf Gulch (Root Down Farm)- Great for coleslaws or fried up

Peas for small shares (L & R Family Farm)- Eat raw or slice off ends and stirfry

Beets (Wolf Gulch farm)- Try the salad below or slice up and saute in butter and salt

Raspberries for large shares (Riverwood Island Farm)

Fennel for large shares (Dancing Bear Farm)- this interesting vegetable is used both for it's bulb, as well as for it's aromatic, feathery top (usually as a garnish). It has the taste and smell of licorice. Try the recipe.

Chard for large shares (Seven Seeds Farm)- You can use chard to replace spinach in almost any recipe

Kale (Boones Farm and Dancing Bear Farm)- Fry with garlic, butter and sesame seeds

Rhubard (Riverwood Island Farm)- Try one of the recipes.

Kale, Chard, Carrot and Beet Salad

2 cups kale, stripped from stems, washed well,
and leaves thinly sliced

2 cups chard, leaves thinly sliced

1 1/2 cups beets, peeled, and julienned

1 1/2 cups carrots, julienned

1 cup mung bean sprouts, rinsed, and drained
well

1/3 cup onion, thinly sliced

2 Tbs. toasted sesame seeds

2 Tbs. hulled hemp seeds

In a large bowl, place the kale, chard, beets, carrots, mung bean sprouts, and green onion, and toss gently to combine. Sprinkle the sesame and hemp seeds over the vegetables. Drizzle your favorite dressing over individual servings, as desired.

Minted Berry-Cherry Rhubarb Compote

Ingredients:

1/4 cup water
1/4 cup dry red wine
1/2 cup sugar or to taste
1 1/2 pound rhubarb, sliced
1 cup pitted cherries
1 pint raspberries (optional)
4 whole fresh mint leaves

In medium saucepan combine water, wine, sugar, rhubarb, and cherries. Bring to a boil, then simmer about 10 minutes or until rhubarb is tender. Remove from heat and stir in raspberries and the 4 mint leaves. Let cool completely. Remove mint leaves and chill.

Pea Soup

2 tablespoons butter
1 medium onion, chopped
3 1/2 cups vegetable stock
3 1/2 cups peas
1 medium potato, diced
Salt and pepper to taste
3/4 cup heavy cream

In a medium soup-pot, melt the butter over low heat and stir in the onion. Sauté the onions for 5 minutes. Add vegetable stock, peas, potato, salt and pepper and bring to a bubbling simmer. Reduce heat a bit, cover the pot, and cook at a low simmer until the potato is tender. Transfer the solids to a blender or food processor using a slotted spoon. Add a ladleful of broth, and process until smooth. Put the puree back into the pot, add cream, and reheat. Serve warm.

Cinnamon Topped Rhubarb Muffins

Ingredients:

1/2 cup brown sugar, firmly packed
1/4 cup butter
1 (8 oz) cup sour cream
2 eggs
1 1/2 cups all-purpose flour
3/4 tsp baking soda
1/2 tsp cinnamon
1 1/2 cups chopped rhubarb
1 tbs sugar
1/2 tsp cinnamon

Heat oven to 375 F. in large bowl combine brown sugar and butter. beat at medium speed until well mixed (1-2 min). Add sour cream and eggs; continue beating scraping bowl often, until well mixed (1-2 min) in medium bowl stir together flour baking soda and 1/2 tea cinnamon. By hand, stir flour mixture into sour cream mixture just until moistened. Fold in rhubarb. Spoon into greased muffin pan, sprinkle cinnamon onto each muffin. Bake for 25 to 30 min or until lightly browned.

Braised Fennel

Ingredients

1 Fennel Bulb
1/2 cup Vegetable Stock
1 oz. butter
1 garlic clove
Salt and Pepper

Prepare the fennel, trim off the fine feathery leaves, cut into quarters. Heat the butter in a heavy based saucepan and add the fennel quarters. Sauté on all sides until burnishing in places. Add the leaf, finely sliced garlic and season to taste. Cover and bring to the boil.

Reduce the heat and simmer gently for 10-12 minutes or until fennel is tender and the liquid has reduced and thickened to a coating sauce. Remove bay leaf and serve.