

Recipe Page

June 30th, 2005- Week 4

What's in Your Box this Week?

Lettuce (Root Down Farm, L&R Family Farm and Dancing Bear Farm).

Onions (L&R Family Farm)

Carrots (Wolf Gulch Farm)

Raspberries for small shares (Riverwood Island Farm and Seven Seeds Farm)

Salad Greens for large shares (Boones Farm)

Fennel for small 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.

Peas (L&R Family Farm)

Fava Beans for large shares (Seven Seeds Farm) - Saute, steam or try the seasoned puree recipe.

Garlic (Dancing Bear Farm)

Potatoes (L&R Family Farm)- Three recipes include potatoes this week.

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

Collards for large shares (Dancing Bear Farm)- replace collards for kale in recipe

Cabbage for small shares in Medford and Ruch (Root Down Farm)

Cauliflower for small shares in Jacksonville, Ashland, Grants Pass, Wolf Gulch (Boones Farm and Wolf Gulch)

Cherries for large shares (Rolling Hills)

Braised Fennel

(I included this recipe again for small shares)

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.

Carrot, Potato, Pea Tart

Ingredients

3 potatoes
2 carrots, sliced
1/2 lb peas, sliced
3 hard boiled eggs
4 tablespoons dried chives
2 teaspoons dried marjoram
10 tablespoons olive oil
Salt

Prepare or buy a pastry shell beforehand. Steam 3 medium size potatoes. When they are still warm, peel and purée them in a blender or food processor until smooth. Season the puréed potatoes with the dried herbs, olive oil and salt.

Steam carrots and peas until tender. Spread 2/3 of potato mixture on the bottom of the pastry shell, mix the remaining part with the vegetables, stirring gently. Arrange the vegetables on the tart and garnish with the hard boiled eggs, quartered or sliced. The tart is ready to serve.

□ Puree of fava beans

This is an Egyptian recipe.

Ingredients:

1/2 lb fava beans
3 ea Garlic cloves
1 tsp Cumin seeds
Olive oil
Salt
1/4 tsp thyme

Cover fava beans with fresh water and cook gently with the garlic and cumin seeds until the beans are tender. Drain. Puree the beans. Stir in enough olive oil and a little water to give the puree a soupy consistency. Season with salt and beat well. Heat just before serving with a little more olive oil & a sprinkling of the thyme. Serve with bread & a bowl of mixed spices (ground cumin cayenne & salt).

Kale and Potato Soup

Ingredients

4 med. potatoes, peeled and chopped
8 cups water
1/2 tsp. pepper
2 Tbsp. vegetable oil
1 tsp. salt
2 lb. fresh kale or collards, shredded

Mix potatoes with oil and water. Cook for 20 - 30 minutes until potatoes are tender. Remove potatoes and reserve liquid. Mash potatoes through a sieve and return to potato liquid. Add salt and pepper and simmer for 20 minutes. Add kale or collards and cook for 25 minutes.