

Recipe Page

July 7th, 2005- Week 5

What's in Your Box this Week?

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

Potatoes (Boones Farm) Try a potato salad recipe for lunch some day.

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

Herb bunches for large shares (Dancing Bear Farm)- thyme, rosemary, oregano and dill.

Kale (Boones Farm and Wolf Gulch Farm)- use recipe or just saute in butter or olive oil, with a little balsamic vinegar, soy sauce or tamari.

Beets (Wolf Gulch Farm)- Cut beets in slices, and either steam or saute them, or grate them into a salad. Don't forget to eat the greens, too.

Raspberries (Seven Seeds Farm and Riverwood Island Farm)

Onions (Seven Seeds Farm)

Garlic (Dancing Bear Farm)

Favas for small shares (Seven Seeds Farm)- Try last weeks fava puree. I have made it twice for my family.

Peas (L&R Family Farm and Seven Seeds Farm)

Salad Greens for large shares (Boones Farm)

Strawberries for large shares (Blue Fox Farm)

Roasted Beets

5 beets, peeled and halved or quartered
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoons unsalted butter
1 onion
Preheat oven to 425° F. Place the beets on a large baking pan and toss with the oil, salt and pepper. Transfer to the oven and roast until tender and browned, about 1-1/2 hours. Add the butter and garnish with the onions.

Potato and Raspberry Salad

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| 3 medium potatoes | 1 cup raspberries |
| 1/2 cup chopped onions | 2 Tbsp canola oil |
| 1 Tbsp raspberry vinegar | 1 Tbsp orange juice |
| 1/4 tsp Dijon mustard | 1/8 tsp grated nutmeg |

Steam potatoes for 15 minutes or until tender. Set aside to cool, then cut into bite-size pieces.

In a large bowl, combine potatoes, raspberries and onions. In a small bowl, whisk together oil, vinegar, juice, mustard and nutmeg. Pour over the potatoes and gently toss.

Curried Potato Salad

3 medium potatoes
1/4 cup raisins
1 onion, minced
3 Tbsp sliced almonds
1/2 cup yogurt
2 Tbsp chutney
1 tsp curry powder

Cut the potatoes in 1-inch chunks. Steam for 12 minutes, or until tender. Transfer to a large bowl. Stir in the raisins, onions and almonds.

In a small bowl, whisk together the yogurt, chutney and curry powder. Pour over the potatoes and combine well. Serve warm.

Enchiladas with Cheese and Kale

2 cups shredded kale (You can also use beet greens)
1/2 cups onions, chopped
2 Tbsp Olive oil
8 corn tortillas
1 cup shredded Monterey Jack cheese
1 cup salsa

In a large frying pan, saute the kale and onions in 1 Tbsp oil for 5 minutes, or until tender. Divide the mixture among the tortillas. Top with the cheese. Roll up each tortilla to enclose the filling. Clean the frying pan and warm over medium heat. Add the remaining oil. Place the enchiladas, seam side down, in the pan. Let brown for several minutes on each side. Add the salsa. Cover the pan, reduce the heat and simmer for five minutes, basting frequently.

Basic Stirfry

This sauce can be used with almost any vegetable. Add 1 cup meat or tofu for a complete meal.

1/4 cup water
2 Tbsp soy sauce
2 Tbsp rice vinegar
2 tsp honey
1 tsp minced garlic
1 tsp sesame oil
1 tsp minced ginger
2 tsp cornstarch
2 Tbsp water 2 tsp oil
1 cup peas, halved
1 onion, slivered,
1 cup kale, shredded

In a one-quart saucepan, combine water, soy sauce, vinegar, honey, garlic, oil and ginger. Bring to a boil, stirring constantly. Stir in the cornstarch. Cook, stirring, until the sauce is shiny and thick. Remove from the heat and set aside.

Heat a wok or large frying pan. Add one tsp oil and stir-fry meat or tofu for 1 to 5 minutes or until lightly browned on the outside. Remove with a slotted spoon and

set aside. Add 1 tsp oil to the pan and stir-fry onions and peas for 3 minutes. Immediately return meat or tofu to pan, as well as the kale. Stir-fry for one minute.

Add the sauce and any of the following toppings: 2 Tbsp roasted and slivered almonds, 2 Tbsp chopped peanuts, 2 Tbsp pine nuts or 2 Tbsp sesame seeds.