

Recipe Page

July 21st, 2005 Week 7

What's in Your Box this Week?

Lettuce (Root Down Farm and L&R Farm)

Onions (L&R Family Farm)

Garlic (L&R Family Farm)

Strawberries (Blue Fox Farm)

Carrots (Wolf Gulch Farm)

Potatoes (Boones Farm)

Beets (Wolf Gulch Farm)

Zucchini (Yale Creek Ranch) These first zucchini of the season are very tender. Grate up into salads or fry up in stir fries.

Lacinato Kale for small shares (Boones Farm and L&R Family Farm)

Collards for large shares (Dancing Bear Farm)

Raspberries/Marionberries (Riverwood Island Farm)

Parsley for small shares (Blue Fox Farm)- This wonderful garnish is high in vitamin C and calcium.

Plums for large shares (Dancing Bear Farm)

Carrot and Zucchini Fritters

Ingredients:	1 medium carrot	1 medium zucchini	4 spring onions
	1/3 cup reduced fat ricotta cheese	1 egg	1/2 cup flour
	1/4 teaspoon cayenne pepper	olive or canola oil	barbecue sauce

Wash vegetables. Grate carrot and zucchini and chop spring onions. Mix vegetables, ricotta cheese, egg, flour and pepper. Oil frying pan. Place large spoonfuls in frying pan, flatten and cook for 7 minutes or until golden. Turn to other side and cook a further 7 minutes or until golden. Serve with barbecue sauce.

Pickled Beets

4 lbs. sm. beets
1 c. vinegar
1/2 c. horseradish
2 bay leaves, crushed
1 tsp. dry mustard
1/2 tsp. whole allspice
3 c. water
1 c. sugar
1 tbsp. pickling spice
1 1/2 tsp. salt
1 1/2 tsp. garlic powder
2 sm. onions, sliced

Cook beets about 25 minutes. Drain and slip off skins. Discard tops. Slice beets, measure 6 cups.

Combine remaining ingredients except onions. Cover and simmer for 10 minutes. Pack beets and onions into hot canning jars. Fill with hot pickling liquid leaving 1/2 inch headspace. Adjust lids. Makes 6 - 1/2 pint jars.

Roasted Garlic Mashed Potatoes with Basil Recipe

Ingredients:

4 unpeeled garlic cloves
3 medium baking potatoes, pared and quartered
6 to 8 fresh basil leaves, cut into thin strips
1/2 cup skim milk
Dash of cracked pepper
1/4 to 1/2 teaspoon salt
2 to 4 tablespoons butter or margarine (optional)

Directions:

Roast garlic in oven or toaster oven at 375F for about 20 minutes. Cool garlic, peel, and dice. Put potatoes in a pot and boil until they are tender. Mash potatoes and add roasted garlic, basil, milk, pepper, salt, and butter. Whip until smooth.

Makes 3 to 4 servings.

Blueberry Buckle

Ingredients

1/4 cup shortening
1/2 cup sugar
1 egg
1 cup flour
1 1/2 tsp baking powder
Salt
1/3 cup milk.
1 pint blueberries

Cream shortening. Add sugar, egg and flour sifted with baking powder and salt. Add milk. Spread in greased pan. Cover batter with blueberries.

For the topping:

1/2 cup sugar
1/3 cup flour
1/2 teaspoon cinnamon
1/4 cup butter

Cream together sugar, flour, cinnamon and butter. Sprinkle over berries. Bake in moderate oven 45 minutes.