

# Recipe Page

July 28th, 2005- Week 8

## What's in Your Box this Week?

**Potatoes** (L&R Family Farm)

**Peaches** (Rolling Hills Farm)

**Carrots** (Wolf Gulch Farm)

**Onions** (Seven Seeds Farm)

**Basil** (Wolf Gulch Farm, Boones Farm and Seven Seeds Farm)

**Lettuce** (Whistling Duck Farm)

**Garlic** (Dancing Bear Farm)

**Marionberries/Blackberries** (Riverwood Island Farm)

**Green Beans** (Boones Farm)

**Kale** for small shares (Boones Farm)

**Plums** for small shares (Dancing Bear Farm)

**Collards** for large shares (Dancing Bear Farm)

**Tomatoes** for large shares (Root Down Farm)- these are extra-early varieties called Glacier, Stupice and Juliet.

**Strawberries** for large shares (Blue Fox Farm)

**Frying peppers** for large shares (Root Down Farm)- these are in the bag with the tomatoes. They are European sweet peppers are best sauted in oil or butter.

## Green Beans with Garlic, Onion and Basil

### INGREDIENTS:

1/2 pound green beans, washed and trimmed	1 tablespoons olive oil	1 tablespoon butter
1 clove garlic, cut in half	1 tablespoon chopped onion	1 1/2 teaspoons salt
1 teaspoon fresh leaf basil, chopped	1/2 teaspoon sugar	1/8 teaspoon pepper
1/4 cup boiling water		

Cut green beans in halves. Heat oil and butter in a skillet; sauté onion and garlic until softened. Remove garlic from the skillet. Add green beans, salt, basil, sugar, pepper, and boiling water. Cover and cook over medium heat until tender, about 20 minutes. Add a little more water, if necessary.

## TEXAS PEACH AND BLACKBERRY COBLER

### FOR THE TOPPING:

1 1/2 cup all-purpose flour  
4 tbsp. butter

3/4 cup. sugar  
1 tsp. vanilla

### FOR THE FILLING:

2/3 cup all-purpose flour  
5 eggs  
1/2 cup heavy cream  
2 cup heavy cream (optional)  
4 cup peaches, peeled and cut into 1/4 inch wedges

1 3/4 cup. sugar  
1 tsp. vanilla  
Butter for greasing dish  
2 tbsp. confectioners' sugar (optional)

1/4 tsp. cinnamon  
2 cup milk  
2 cup blackberries, rinsed

To make the topping, combine the flour and sugar. Cut in the butter until the mixture resembles coarse cornmeal. Add the vanilla, mix thoroughly, and set aside.

Preheat the oven to 375 degrees.

To make the filling, combine the flour, sugar, cinnamon, eggs, vanilla, milk and 1/2 cup of cream in a blender or food processor. Blend until smooth, 15 to 20 seconds.

Lightly butter a 13 x 9 x 2 inch baking dish.

Line the dish with the peaches and berries. Carefully pour the custard filling over the fruit, and bake for 30 minutes. Sprinkle the topping over the cobbler, and bake 15 to 20 minutes longer, until the topping is brown and a knife inserted into the center comes out clean. Serve warm. If desired, sweeten 2 cups cream with the confectioners' sugar, and serve on the side.

## CREAMY CARROT BASIL SOUP

### INGREDIENTS

3 lg. carrots, sliced  
1 med. onion, finely chopped  
4 cup (48 oz.) chicken or vegetable broth  
1 bay leaf  
1 tsp. fresh basil  
1 tsp. sugar  
1/2 tsp. ground nutmeg  
1/2 cup long grain white rice  
1/2 cup half and half  
Croutons (for garnish, opt.)

Melt butter in a medium saucepan over moderate heat. Add carrots and onion and cook, stirring until onion is soft, about 5 minutes. Add chicken stock, bay leaf, basil, sugar, nutmeg and rice. Bring to a boil and then reduce heat to let simmer, covered for 30 minutes. Or until rice is tender. Discard bay leaf.

Strain off liquid through a colander. Transfer solids to an electric blender. Add 1 cup liquid to solids. Puree for 30 seconds.

Stir in half and half, garnish with croutons.

## PEACH BOXES

The box of peaches you received today are "seconds" meaning that they are not perfect. Many of them will have burst open split pits, blemishes and earwigs (those long, brown insects with pincers) crawling out of the middle. Seconds are a quarter of the price of perfect peaches and just as tasty.

Here are a few ideas for your peaches :

- use the cobbler recipe above
- make smoothies or shakes. Put a banana, sliced up peach, milk, and ice-cubes (and any other ingredients) into a blender for 1 minute.
- freeze. You can either freeze peaches whole by putting them in a freezer bag, or blanch for 1 minute, peel off the skins, slice into bags and then freeze.
- dehydrate. To make fruit leather, puree your fruit. Peaches should be cooked before pureeing. Pour the fruit puree about 1/4-inch deep on drying trays that have been lined with plastic wrap. Since the center does not dry as quickly as the edges, Only pour the puree 1/8-inch deep towards the center. Dry at 135 degrees Fahrenheit until pliable and leathery. The center should also be dry and have no wet or sticky spots.

If you want to get more peaches directly from Rolling Hills farm, call Dave Belzberg at 773-2361